# SUR WINE MAGAZINE

STRIKES!
STRIKES!
CONCINC COLLAPSE
Keeping Your Family Safe

A look inside V/OS

The World's Largest And Most Luxurious **DOOMSDAY** Bunkers



# Disaster Survival Magazine



What's in your survival kit? Email us and we will publish it.

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#### Summer 2015 Issue #5

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#### Previous Issue DSM #4





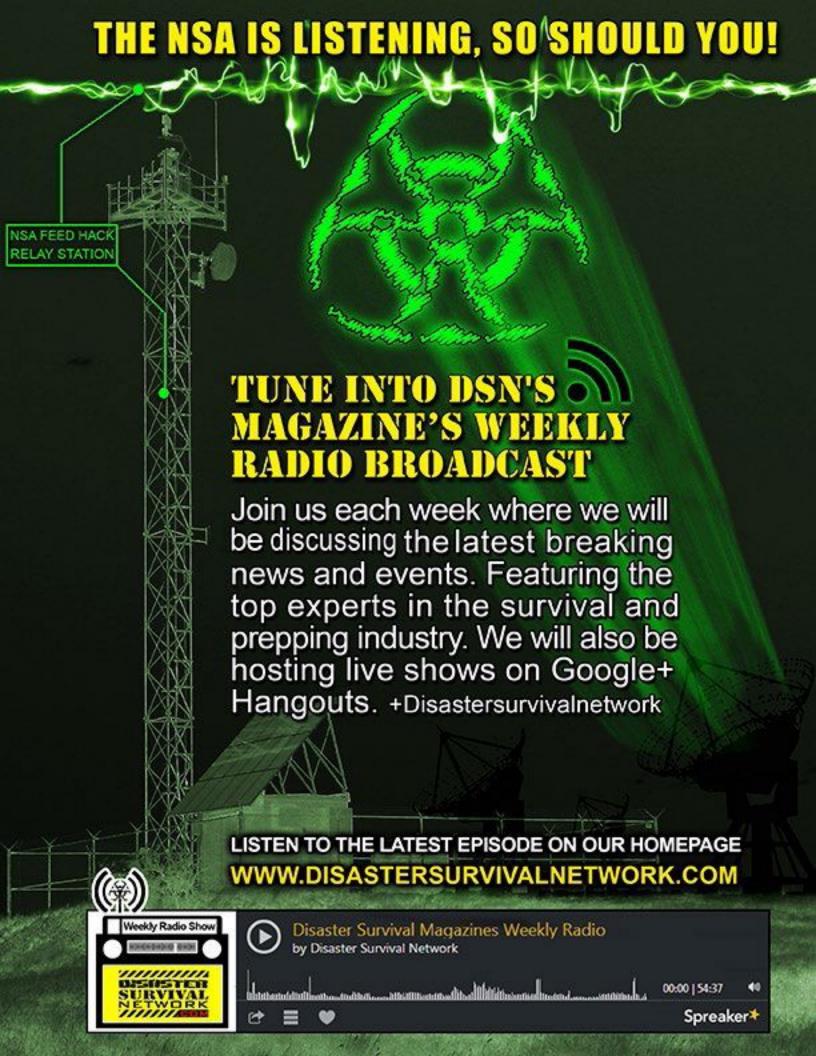
# Cover



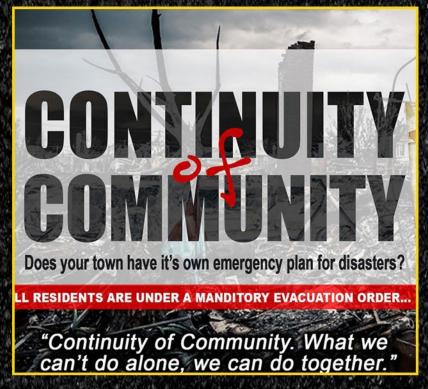
## THE READYMAN GROUP

The READYMAN Group is a team of ex-special force operators that came together to combine knowledge and skills to teach advanced methods of survival to average people. The team includes: two Navy Seals, two Green Barat's, a Black Hawk helicopter Pilot, a former DEA Agent, MMA fighters, and fitness experts. Their custom training program teaches all aspects of survival and features urban combat, hostage escape techniques, wilderness survival, and tactical shooting. The group offers hands on training and educational videos for what they call "Entertrainment". The READYMAN group has also produced a survival card used as a tool for wilderness survival and hostage escape that are for sale on their website at www.readyman.com. At a time where there are many wanna be survivalists, the READYMAN group is the real deal.

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Today with the ever increasing demands a family faces to keep up the rising costs of living sometimes it can be over whelming to make time for more than our immediate family and a few long term friends that neighbors have taken a backseat. However, in many neighborhoods it was not always like that. My grandparents frequently tell of how their neighborhood in Brooklyn, NY use to be. People would stop by to visit each other, make time to talk, and even would discipline each others children. Your neighbors were important and they went out of their way to help each other even when they had little means compared to how many people live today. In our opinion, it's time to make time. Don't wait until disaster strikes to find out who your neighbors are. Our family recently moved to rural location in Upstate New York and we were very lucky to be welcomed by several neighbors. This was a very different experience for us because prior to this we never socialized with neighbors. However, for the first time it really hit home about what our grandparents were talking about. We purchased our home less than a year ago. When we moved in the Arnold's helped lend us tools and taught us how to install a filtration system for our well and prepare our pipes and plumbing for the freezing winter (something we had never had to do before so having a mentor meant the world). Other neighbors taught us how to fix the mud problem when the snow melted and our car kept getting stuck (and still others stopped and helped to push our vehicle out of the mud). When it came to planting our first garden, Jack lent us a tiller and a lawn mower, and in return we gave him some of our seeds from a product review we were doing for Survival Essentials. We can honestly say that we have found a community where we will respect and help those we live among. It gives us a sense of safety knowing that if disaster were to strike, economic collapse, extreme weather, or other situation, we truly live around people that will watch out for each other. It was this experience that inspired the Disaster Survival Network motto: "Continuity of community...what we can not do alone we can do together."



So you planted a garden, but you live in a area where there are lots of deer, rabbits and other animals. These pests have decided to turn your beloved garden into their own personal produce stand. Even though you may have to end up sharing your crop, this can be a blessing in disguise. There are many barriers you could erect to deter this but would you really want to deter a constant fresh meet supply when the supper markets shut down? If you are lucky enough to live in area where you have plenty of wildlife and can plant a garden you can lure the animals to your garden once in while by taking down the barrier you set up and waiting from the window of your house. I have a two story house where my bedroom overlooks our garden in the backyard. This gives me th perfect vantage point and disatance to easily take out a deer or whatever other animal decides join me and my family for dinner. A crossbow with a scope already cocked resting on a pillow on the widow ciel is what works for me. A cross bow is silent and won't scare away other wildlife and you have a better chance of not killing your nieboor who lives directally behind you as might with a rifle. You could also use a compound bow but you run the risk of the animal noticing your movement or sounds. Give a try the next time you and your family are starving. try the venicin stew its delicious.



Barnett makes excellent cross bows www.barnettcrossbows.com

#### **Trapping**

Setting traps around your garden is another great way to get your meat and your vegetables with out having to leave the comport and security of your own home, besides in a post apocalyptic world have far into the danger zone do you really want to travel. Although this method is probably not the best idea if you have young children at home. With trapping and setting snares you don't have to sit and wait outside your window for dinner to arrive. Your precious time is better served doing other chores and preps. A company named solo scientific makes a great snare called the Snare-Vival-Trap™ Pocket Snare it is a pocket sized survival snare system that is used to capture wild game or fish. The pocket snare has a manually windable wire snare, an escape proof sliding-locking noose that is engaged automatically during operation tightening around the animal's neck or limbs killing or disabling the animal instantly. The Snare-Vival-Trap™ also has a mounting loop and mounting ring that are used to position and mount the Snare-Vival-Trap™ over a known animal path in the field. Click here to see instructions and see how it works.



# Survival Events & Expos Event calendar

#### Jul 18 - Jul 19

#### I Will Survive Event & Gun Show

Ector County Coliseum Building G Odessa, Texas PHONE: 432 889 9107 www.iwillsurviveevent.com

#### Jul 22 - Jul 27

#### 2015 Idaho PatCon & Prepper Rendezvous

St. Maries, ID St. Maries, Idaho www.IdahoPatCon.com

#### Aug 08 - Aug 09

#### The Survival Expo

ScotiaBank Convention Center Niagara Falls, New York PHONE: 1 800 373 6556 www.thesurvivalexpo.com

#### **Sep 11 - Sep 12**

#### The Southern Preppers Prepping and Outdoor Expo

Oxford Civic Center Oxford, Alabama www.thesouthernpreppers.com

#### Sep 18 - Sep 20

#### **Prepper Camp 2015**

Orchard Lake Camp Ground Saluda, North Carolina www.preppercamp.com

#### Oct 10 - Oct 11

# The 5th National Preppers and Survivalist Expo (NPS Expo)

Louisville Kentucky Exposition Center Louisville, Kentucky www.NPSexpo.com









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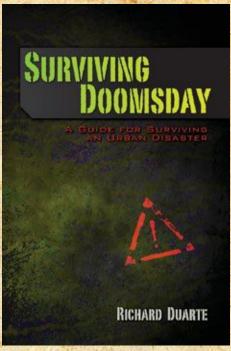
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### EDITOR'S PICKS

#### **Surviving Doomsday:**

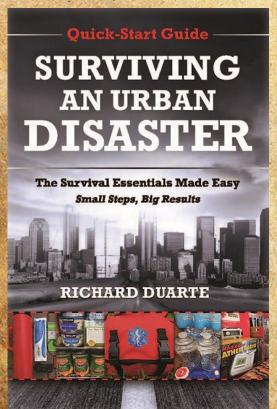
A Guide for Surviving an Urban Disaster
By Richard Duarte

A no-nonsense, easy-to-understand guide on how to prepare for, and survive, an urban disaster. We live in a very dangerous and unpredictable world. All it takes is one natural or man-made crisis to seriously disrupt the fragile infrastructure that supports our modern way-of-life. Whether it's a storm, a terrorist attack, an economic meltdown, or a pandemic, you need to be prepared. During any major crisis there will be two groups of people, the prepared, and the unprepared. After a few days without food, water, medical attention, or vital public services the world around you will begin to look dramatically different than anything you could ever



have imagined. Staying safe and avoiding the chaos will require thoughtful preparations and advance planning. In this book, you get: A Step-by-step guide to help you prepare to survive an urban disaster. A simple and easy-to-understand approach to help you plan for a potential crisis. Strategies to help you secure the core survival elements - food, water, first aid, security and sanitation. Tips on when to stay put, and when to get out. Tactics to keep you and your family stay safe during a crisis. Extensive shopping lists for survival products and supplies. When the moment comes you will either be prepared, or you won't; the choice is yours.

Also by Richard Daurte



#### **Surviving An Urban Disaster:**

Quick-Start Guide

Are you ready for the next hurricane, tornado, earthquake, flood...? Surviving a disaster requires planning, preparations, and skills. Being prepared can save lives, but "getting prepared" can often seem like a daunting task. If you've ever wanted to protect yourself and your loved ones, but you just didn't know where to begin, this Quick-Start Guide is everything you need (and nothing you don't!) to help you survive a natural or man made crisis. Think of it as urban preparedness made easy for everyday people.

#### In this Quick-Start Guide you get:

- Real-world survival basics in an abbreviated, user-friendly format.
- Survival essentials in an easy-to-understand outline.
- Simple step-by-step guidelines to help you get started with minimum effort, time, and money.
- Comprehensive lists of products and supplies to buy and store.
- Practical information without sensationalism, fear mongering, or drama.
- A handy reference and easy access to quick tips, ideas, and the information you need-when you need it.
- Using this Quick-Start Guide, you can make significant progress in as little as a few/hours. You don't need to be a survival "expert" to be prepared; you just need to focus on the things that really matter, and you need to get started. When the moment comes you will either be prepared, or you won't-the choice is yours.



Are You Mentally Prepared for an Emergency?

Jim Serre at GetReadyGEAR www.getreadygear.com

Disasters, whether they are natural or manmade in origin, or contain elements of both, can cause extensive destruction, injury, and death. Regardless, profound mental health consequences to victims and first responders can be expected as a result of major disasters of all types. Additionally, technological advances are bringing disturbing upclose on-scene media coverage of disasters to people around the world not just the first responders and victims!

Disorder caused by disasters disrupts the way we think and feel. Have you thought about how you can prepare yourself for the mental and emotional challenges of a disaster? Here are some tips about what to expect and how to make you more resilient for mental and emotional challenges before, during and after a disaster.

**Emergency planning** – Actions you take for personal preparedness will improve your mental readiness for disasters. Because stress and fear from disasters make it hard for your brain to plan and make decisions, it is good to have written emergency plans and emergency kits available. Having family plans and emergency kits on hand also reassures your brain that you have resources to manage the event. Regaining some sense of control during an emergency, like knowing how to communicate and bring your family back together, will soothe a lot of stress you feel.

**Training** – Take a CPR course, first aid or Community Emergency Response Training class in order to better take care of yourself and family. Practice escape routes from your home in case of a fire with regularly scheduled fire drills. And practice your evacuation plan by loading up the car and heading to your pre-determined bug-out location.

**Physical** – Physical preparedness will get and keep you in good physical shape which will help your mental outlook and stress levels. Exercise itself is a great way to cope with stress and stimulate endorphin production to increase my feelings of well-being and control. Stress and fear send hormones to your body that need to be purged in order to relax after a stressful event. Healthy eating, plenty of water (and less caffeine), plenty of rest and regular exercise will help your body re balance those hormone levels and ease feelings of anxiety.

**Simplification** – Simplifying your life can significantly lower your stress levels. This can be accomplished by reducing material goods and having less stuff to maintain on a regular basis. Do you really need an RV, motorcycle, classic car and 4 bicycles? You can also clean up your finances by eliminating debt. And finally, take a good hard look at what are the most important things in your life. Spend your money on anything that will simplify your life first and make it a better life. For example, if you spend hours a week watering your plants, install a drip system to do it automatically, or if you love spending time at home on the patio, get new patio furniture that makes you feel comfortable.

**Awareness** – Be more aware of your emotions and don't suppress emotions because they are important messages from your body. If you're feeling anxious, there is a reason. Instead, work on tolerating difficult emotions without automatically over-reacting. This could help you manage stressful emotions caused by disasters.

**Spirituality** – Funny how you never see people pray or ask for prayers until their life is about to end in a disaster. Whether you regularly attend some religious event or not, spirituality is about understanding yourself and what makes you the way you are. Spirituality is NOT just religion. Some folks get in touch with their spirituality while hiking in the woods, flying down a long downhill on their bike or having meaningful discussions with friends and family. However, you connect with your spirituality, do it regularly and feel comfortable in your own skin.



 $oldsymbol{I}$ t is designed by me and hand-made by a true craftsman Mr David Tilling from Welsh Knives, his Face Book page is here www.facebook.com/WelshKnives?pnref=story After over thirty years being involved in prepping and survival, I have had some memerible moments, for example meeting Col. John Blashford Snell and John (Lofty) Wiseman at a COLA exhibition in Harrogate in the early 80's. Or being interviewed live on Radio York about winter survival, challenging the presenter to a bugout weekend, and he selling the recording to BBC Radio Four, his name was Chris Choi, now ITV's consumer reporter. Perhaps being on the front page of the S.W.A.T. Magazine and testing kit for them was one of the best moments but to be honest this is the summit for me. To have the privilege to design my own survival blade and have it hand-made by a craftsman is truly special. I wanted the Titan to be a survival blade that would take any punishment given and still be there to support the owner in shelter building, wood chopping, carving, carcass prep, general cutting duties and even in self defense. 13.5 inches total, 7 inch blade 2 inch wide blade, 8mm thick, 01 tool steel hardened and tempered Paper micarta or wood scales and leather or kydex sheath the choice is yours. So how do you start to design a survival knife. Well for me it was a dream I have had for a long time. You see there are so many well made knives out there designed for skinning, chopping, cutting, hunting, survival, etc. etc. But I never felt that any of had the ability to do everything well, to me they all do something very well but I still

felt that they were missing something, but I could not put my finger on what. Slowly I began to realize that it was the confidence factor that was missing, you see if that one was thicker, longer, shorter, different handle, different shape, different grind. This got me thinking, I remembered the old adage build a house on a firm foundation and not on sand. The actual steel was the beginning, the foundation and of course its ability to hold an edge and its thickness was my starting point. Wanting an all rounder, a survival knife that could do everything was very important to me as making the wrong choice at this point would lead to problems in the future. So it was that I decided on 8mm 01 tool grade steel to be tempered and hardened with a saber grind. Not being good at drawing a good friend Shaun drew my ideas down and I sent them to a knife maker that I had never met but whose work sung quality and craftsmanship. This is the story in pictures of how the Titan was born.



# A must read for fans of Apocalypse ficton



America once a thriving and prosperous nation is now an empty decaying wasteland. Everything changed in the blink of an eye. In Grid Down Reality Bites, a high-altitude nuclear blast causing an EMP (electrical magnetic pulse) destroys the power grid, catapulting life as they knew it, back to the 1800's. A small band of survivors desperately struggle to survive the chaos that ensues. Now a post-apocalyptic world, they must rely on their primal instincts to escape destruction, disease and death.

www.snare-trap-survive.com

# **How Long Can You Safely Store Water?**

By Alexander Hinkley

Many preppers, especially those who are still newbies to the craft, tend to have questions about how to properly store water. The fact water bottles have expiration dates stamped on the sides leads one to wonder if that means water can somehow go bad after a certain amount of time. Most survival grade food today has advertised shelf lives of up to twenty-five years but will water last that long or will it make you sick if you try to drink it?

There is a lot of conflicting information out there on various survivalist websites about this topic. Some sites, including a few official ones like the CDC's, advocate rotating stored water out every six to twelve months. Not only can this become quite burdensome after awhile, it can also become costly if you are buying your water at the store. One gallon of spring water generally costs around a dollar. Considering the rule of thumb is one gallon of water per person per day, a thirty day supply for a family of three means you need to have at least around ninety gallons of water. That's \$90 out of your pocket every six months or \$180 gone a year. Is this really necessary?

I decided to use a lifeline and call in an expert. I reached out to the former Director of the Department of Water Hygiene at the Norwegian Institute of Public Health, Truls Krogh Now retired, Krogh spent several decades specializing in water hygiene and



water microbiology. If there is anybody who knows everything there is to know about the safety of storing water, it's him.

**DSM:** So how long can someone safely store sealed water containers for before they become unsafe to drink?

**Krogh:** If the water quality is good and if it fulfills the national standards for drinking water, it may be stored indefinitely in sealed containers which are made from materials that are not leaking components from or through the walls.

**DSM:** Are glass containers better for long-term storing than plastic?

Krogh: Yes. Glass is inert so it will not leak any deteriorating compounds into the water. Plastic may leak some compound from the material itself, but also some oil compounds, oil vapors, or waxes may pass through the plastic walls by diffusion and change the taste and/or smell of the water. For example, plastic bags or bottles with water stored in a room with gasoline vapors most probably obtain a taste of gasoline in a few years.

**Krogh:** The water will not be toxic, but it will acquire an unpleasant taste and odor. It may be filtered though an activated carbon filter to remove the taste and odor, and then it will be potable again.

**DSM:** Are there any dangers storing plastic water bottles long-term? Will an unopened water bottle be safe to drink say, twenty years from now?

**Krogh:** If they are stored in an environment free of deteriorating gases and the plastic is of a type meant for storing of water, the water will still be safe to drink twenty years from now. Another problem is whether there will even be any water left. Water may evaporate though the plastic walls, depending on the quality of the plastic. I conducted a small experiment just by leaving a few different water containers unopened at my office. The plastic containers were of different types and after a few years it was obvious the volume of the water had diminished although no oxygen or nitrogen from the air had passed through the walls into the container. The water molecules are smaller then the oxygen or nitrogen molecules.

**DSM:** Would you recommend people to rotate out their stored water and if so how often should they make such a change?

Krogh: Again, this will depend of the environment in the room where they are storing their water. If there are no connections to oil, oil vapors, or waxes, they don't have to rotate the stored water, even if they are using plastic bags or bottles, as long as there is enough water left. If they use glass bottles, they don't have to worry at all.



Truls Krogh Director of the Department of Water Hygiene Norwegian Institute of Public Health (retired)





# Dealing with water emergencies



Water Emergencies By: Upstate Prepper

This year has been full of dangers involving water. We have seen severe flooding in Texas, and one of the worst droughts in California's history. How can one of our most important resources also be one of our biggest threats? Is there an end in sight? It doesn't seem likely.

Due to the over regulation of water containment in California, the state is suffering though one of the worst droughts in recent history. Even worse California residents have begun to feel the heat, as water use regulations hit residential homes. With some taking these new laws to court, we will have to wait and see how this all plays out.

Now if you are in California now, I hope you had taken the precautions to protect your family form this sort of natural disaster. If you are reading this now you still have time to make a difference. As stated above water is the most important resource we have, next to air of course. We need it to run our bodies efficiently, and without it humans would face a quick extinction. The following are measures you should take today, to protect yourself from any water related disasters or shortages.

A water shortage can come from anywhere. In nature there are droughts, natural poisoning (As we are witnessing on the East Coast), over population, and government regulations. All of these are very serious, and very possible scenarios that we could see any where in the world - at any time. Here are some ways to keep your water fresh, and water plentiful level (Or at least survivable).

One of the best ways, if you have some extra money lying around, is to purchase large barrel styled containers. After sanitizing the barrels fill them to the top with clean distilled water. These barrels will need to be stored in a dry area, and emptied the refilled at least once every year or so. Many people do not know this, but water is high in bacteria. One of my favorite sayings is "the longer it sits, the more dangerous it gets" this saying applies to many different situations.

The next best prep, would be to map out all of the local creeks, rivers, lakes, pond and yes even pools. This may sound silly, but when you are dry as a desert and dying from dehydration you will thank me. So these are five different sources of water that can be commonly found almost anywhere in the world. Obviously you can not drink these straight, without some sort of filtration. For this There are three simple ways to clean the water. If lucky you have some sort of Water cleansing drops, secondly if you bring the water to a boil for 10min you will kill off most of the bacteria, and third would be using a "life straw" these are very useful, but can be expensive when combined with purchasing the filters.

This last prep is good if you live in a humid/rainy climate. With a little bit of water, a hole with a liner, and a piece of plastic wrap or a clear poncho, you can build a water that will help keep your water levels up. One quick note – a hole can be replaced with a barrel, or any other sort of container. So by placing your clear plastic over the top of your hole/container, then placing some water into the center of the plastic during the day you will create condensation, that will by the end of the day may leave you a nice collection of water. Duplicating this prep will increase your chances of this becoming viable source of water.

This last prep is for a water disaster. Obviously most of us do not own some sort of boat, and other do )not keep their boat at their home. So what do you do when a mass flood comes ripping through your neck of the woods? I am sure there are many options, but a good one to do today is very simple. Take a small all purpose weather proof box, or weather proof bag. Place inside your box or bag bright colored flags. These are key to your survival during a flood. When ground rescue isn't an option, there will be help from the skies. Another helpful idea, is to have a bug out bag near your roof exit. This should be filled with food rations, bright warm clothing, a survival blanket, flotation devices (Life jackets, Kids Flowties) and most importantly rope. The rope should be used to tie yourself and other survivors to the roof (If you have something to tie it to that is). Floods tend to bring high winds, an you want to be prepared for anything.

Hopefully none of use will ever be in a situation where we need to use any of these tactics, but in the off chance we do be prepared!

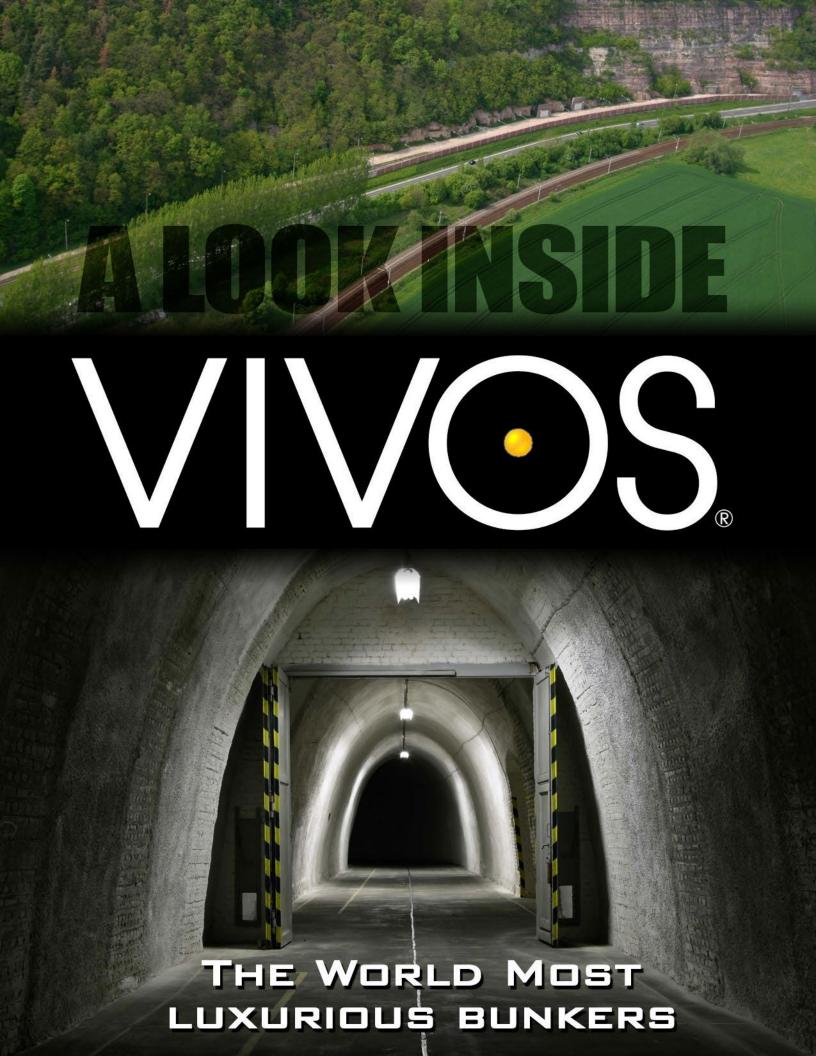


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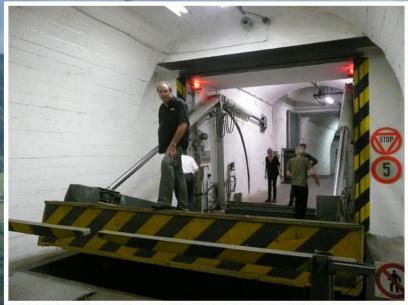




Vivos founder Robert Vicino



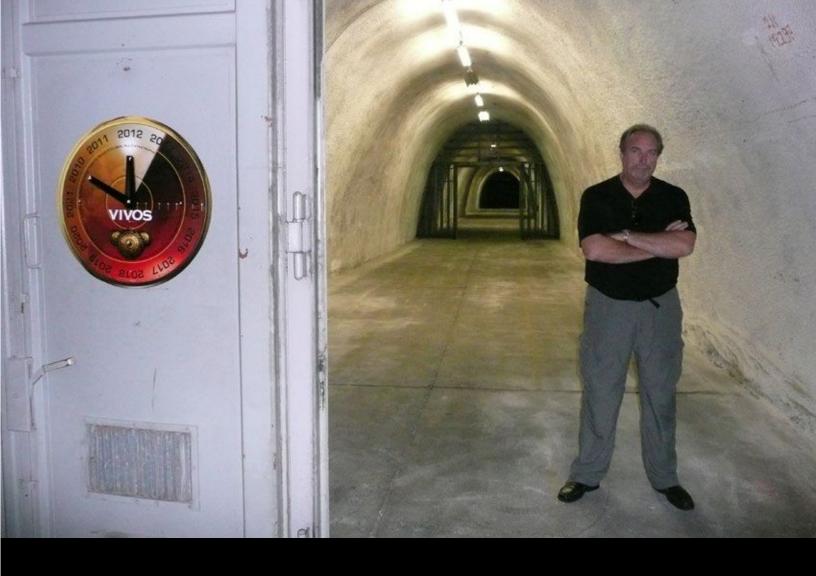




Mr. Robert Vicino, the founder of the VIVOS group, more commonly know as the world's largest and most luxurious DOOMSDAY bunkers. With a truly amazing amount of detail and preparation Mr. Vicino has not spared any expense in making sure you and your family are saved from total catastrophe.

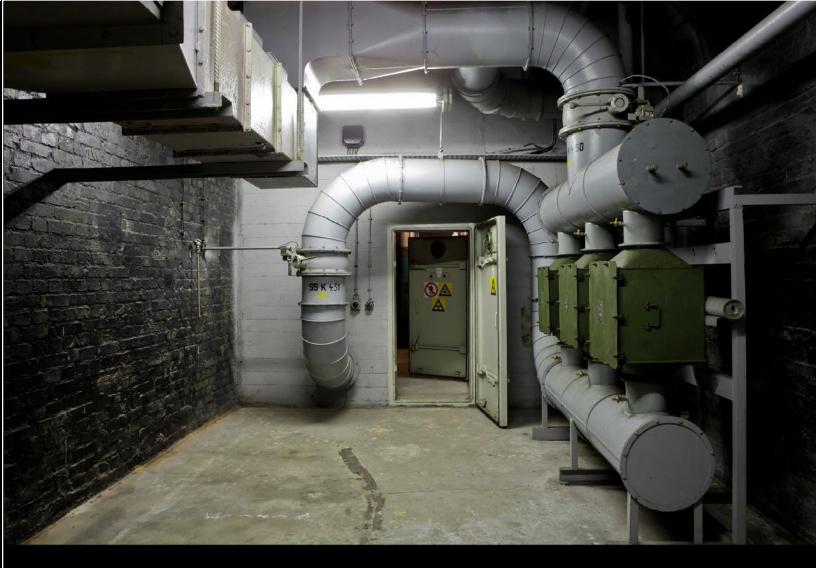


It is no secret that world leaders have the power to use weapons of mass destruction and that these weapons are capable of threatening human existence to the point of extinction. But then why do so many Hollywood movies portrait these leaders as confident, fearless men ready to carry out such a horrifying event? The answer is simple, it is because those same men that can cause a Nuclear War are the same men that can survive a Nuclear War. But why? Why would they survive when countless others would perish? It is because they have something that until now, only world leaders and other elite members of society could afford. They have deep underground bunkers capable of withstanding a 20-50 megaton Nuclear blast. Not only that, they have supplies and professional individuals such as doctors, surgeons, dentists, and military personnel enabling them to remain underground, with their family, for a year or more if necessary. These bunkers not only can withstand Nuclear, chemical, and biological attacks, they are also equipped to protect from major natural disasters such as floods, earthquakes, tornadoes, hurricanes, tsunamis, and fire. Imagine if all people were given the assurance of escaping to a bunker like the elite. Well, one man did imagine this, his name is Robert Vicino, and he is the founder and President of Vivos.



Mr. Vicino personally oversees each project and spends a great deal of time, energy and expense in ensuring that safety is a priority. When refurbishing a bunker he makes sure that it is somewhere that he would personally feel safe and comfortable in. He really showed his integrity when in 2013 he decided to not go forward with a 5,000 person capacity bunker in Kansas. Mr. Vicino had structural concerns and even though he had incurred hundreds of thousand of dollars in initial expenses he canceled this location for development. The bottom line is that they must protect people under the worst scenarios. He sees to it that they will by putting safety first. Of course, luxury is a close second with no expense spared for customers that require the finest accommodations. Vivos offers a range of options and prices.

Much planning goes into the application process. Strategically placing a group of people together, to ensure functionality, also becomes a key factor for those living underground together. Vivos has an application board that reviews applicants to help ensure that each bunker contains individuals with skills and professions that compliment each other. Groups need doctors,



surgeons, dentists, others with military experience, a few with understanding the specific maintenance within the bunker and so on. When speaking to Mr. Vicino I asked what would they do if a group was underground for a year and during that time any babies were born, had they stocked diapers and formula in case? With a little chuckle he replied that they definitely planned for that to be possible and that there was every provision for more than a couple new additions. In fact, there were no scenarios that we questioned for which he had not already thought of and had answers to. Apart from finding him very easy to speak with and having a witty, yet serious, likable personality, his attention to detail to the projects success was more than impressive. I was thoroughly convinced that this was someone I could put the lives of my family in the hands of and trust. My wife and I decided that we would like to form our own group of people from the Disaster Survival Network and put an application in for a large group of us. Considering that neither of us have medical or military experience (something we thought may put people at the top of a list) the other idea occurred to us that by forming a large group of applicants we may increase our odds of placement at a larger more affordable bunker. If you are someone that thinks this may help you too we welcome you to contact us for further details.

Vivos offers many shelter solutions to suit your budget and your personal requirements. They currently have two community member co-owned shelters the Vivos Indiana (USA) and the Vivos Europa. (Germany) The Vivos Indiana bunker is typically less expensive per person due to the benefits of fractional ownership of the overall shelter by each shelter group. Space at Vivos Indiana bunker can be purchased for one time only fee of \$35,000 for adults and 25,000 for children. Each Shelter can hold up to 80 people and financing options are available. Discounts are available to members with needed skill sets.

To be considered as a co-owner of a shelter, you must first apply to become a Vivos member. Vivos then selects the best candidates for each shelter from the current pool of active members. If approved you will then be offered the opportunity to purchase a co-ownership interest in a Vivos shelter.



# CLICK HERE TO APPLY

When applying for membership be sure to notify them that you are member of the Disaster Survival Network



Other Vivos options include private shelters the Quantum Luna, Terra and Sol which can be delivered and installed on your private property. Quantum will provide your family of 4 to 12, with a private shelter that can be stocked for a minimum of one year, to autonomously ride out whatever threats may be occurring on the surface above. You can even connect several Quantum shelters together to expand the complex to accommodate virtually any size group.







Each model provides a complete, all threat, shelter solution that can be discreetly installed just about anywhere, in a few days to weeks.

Quantum is the affordable fusion of everything needed in a private shelter, without compromising safety, security, strength and comfort. Beware of the low cost, corrugated drain pipe bunkers, or fiberglass cocoons, that are little more than overrated storm shelters. With Quantum, you will have a real, concrete and steel, turnkey shelter direct from the Vivos factory, delivered completely outfitted with everything from deluxe built-in furnishings, a kitchen, bathroom, engine room with generator, and a NBC filtration system. Just add food, fuel, water and your loved ones!









The Crown Jewel of Vivos is their Europa One Shelter is located in the heart of Europe. Located in Rothenstein, Germany the bunker complex was originally built by the Soviets during World War 2 to protect military equipment and weapons storage. Mr. Vicino acquired the complex though auction on behalf of the German government. Like the soviets the German's were going to use it for weapons storage but a law prohibiting munitions storage near a local highway prevented them from doing so. It was sold to Mr. Vicnio and the Vivos group for 76 millions dollars and after renovations it's current estimated value is 1 Billion Dollars. Many are calling it a modern day Noah's Ark and includes the world only private DNA cryovault. Each shelter reminiscent of five star resort hotel or what you expect aboard a luxury cruise liner. The Bunker complex sport a swimming pool area, a bar, movie theater among other community living spaces. Each shelter costs about \$20 million dollars and living quarter can be customized to the owners specifications. If they want build a private movie theater or mini mosque they can. Each shelter is stocked with one year of food and other neccisities.





Click here for a complete picture gallery



For a more information visit www.disastersurvivalnetwork.com or conatct the Vivos Group directly at www.terravivos.com

Click here to listen to the full audio interview with Mr. Vicino



Do you have what it takes to be a Market Mar

The Readyman group is team of survivalists, avid outdoors men and a handful of ex special forces members who decided to take the valuable skills they have learned during there time in the military and share their survival knowledge with the Average Joe. There are boat loads of people out there jumping on the survival & prepping gravy train trying to sell products and promote themselves as survival experts. None of them are as qualified as the ReadyMan cadre. The team as whole has a total over 85 years of real world survival training. The members of the team have long history which more then proves their qualifications. The current team includes, two navy seals, two Green barets, and a black hawk helicopter pilot have spent decades in worn torn areas. The team also includes a DEA agent, a MMA (mixed martial arts )fighter, expert marksmen, hunters and fitness experts. All of this combined experience gives the team a well rounded aspect into what it really takes to survive in a crisis or any hostile situation. Whether it's wilderness survival or hostage escape the ReadyMen teach you the critical skills you need to protect your loved ones & survive the unthinkable.



We first learned about the READYMAN Group while doing product research for the magazine. We were trying to find the best products to put in a survival kit or items you can carry anywhere which is also know as a "EDC" or Everyday Carry Kit. During our search we came across the READYMAN Wilderness Survival card which is an absolute work of genius and has been awarded as one of Disaster Survival Magazines products of the year. There are a few survival cards out there that are designed to fit inside of your wallet or in one of your pockets but this far by the best! It clearly has been well thought out by an entire team of professionals who knows what you need to survive. Each card is engineered for use in a rugged environment. They have been field tested and work the way they are intended to and they have to videos to prove it. Click on the picture below for a link to a product demonstration video. You can get a card regularly priced at \$24.95 for FREE! Just by becoming a member of the READYMAN team.



Each card is essentially its own mini survival kit and has detailed videos on how to use. The wilderness and hostage escape card was named as one of our magazines product of the year.

# The READY MAN Wilderness Survival Card includes:

- -Dimensions: (Height/Width) 2 1/2' x 3 3/4'
- -Weight: 12 Grams / 0.42 oz.
- -12 grams
- -Fishhooks (9 total)
- -Arrows
- -Snare locks (4)
- -Awl
- -Sewing Needles (2)
- -Saw blades
- -Tweezers (Look closely!)

Lightweight and Compact - 10 pounds of gear have been reduced to a single "credit card" that fits snugly in your wallet

Durable and Easy-to-Grip - The "credit card" is made of durable, tempered 301 stainless steel. The tools are easy to snap off and use immediately

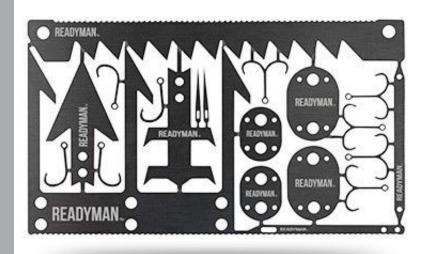
Multiple Uses - These tools can be used again and again. They fit perfectly in your go-bag

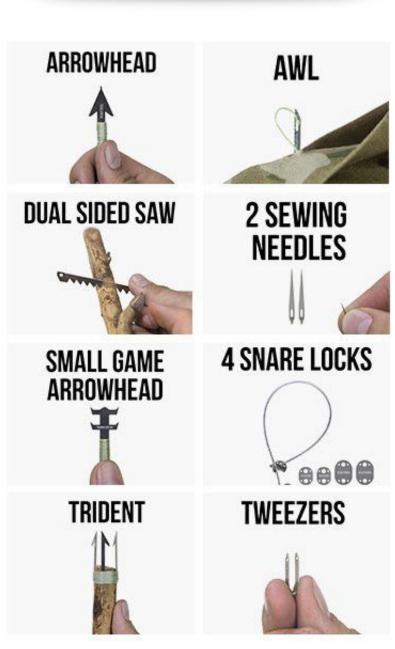
Life-Saving Application -All of these tools are extremely difficult to make this from scratch. It requires experienced whittling, bending, carving, etc. Time and calories are not something you can waste in the wilderness

100% American and Battle-Tested -These cards are made right here in the USA by a veteran-owned company. We give these cards and other READYMAN gear to fellow Special Forces and servicemen to test in action before releasing them to the public

BONUS: Special Forces Wilderness Survival Video Training

Along with your "credit card" you will instantly receive a Special Forces video tutorial that will show you exactly how to use it in a survival scenario





In addition to real world training and the Readyman challenge part of your subscription service in what the READYMEN call "entertrainment" you can learn valuable survival skill training by watching their video demonstrations.



In this video the ReadyMen teach valuable home defense training

The subscription based training regiment which includes Basic and advanced Pistol, Basic and advanced Carbine (AR and AK) Kidnap Escape, Home Defense and Home Tactics, Hand to Hand Self Defense with Jeremy Horn, Wilderness Survival essentials. Their tactical shooting specifically teach you the best practices for wielding your firearms judiciously and accurately, even under extreme duress. The Readymen understand that your reactions time and performance are drastically decreased under stress and alien environments thats why they just don't teach online courses they also host real life scenario training and the READYMAN Challenge Ready fit a custom fitness program trains your body and mind to be ready to endure any crisis. Become a ReadyMan today! for more info or to subscribe visit them at www.readyman.com and claim your FREE survival card.

Click here for a live audio interview

#### The READYMAN Team



#### Len Waldron

If you read gun magazines, you've almost certainly read something written by Len Waldron. He's a staff writer for Guns & Ammo, as well as a freelancer for just about every survival magazine ever published. As a result, Len's traveled all over the world hunting big game and shooting with the best shooters in the industry. Len served his country as an infantry officer in the Army, which explains why he's the guy that puts the smack-down on READYMAN team guys when they get too crazy.



#### Jeff Kirkham

Before he was even out of High School, Jeff Kirkham was going high speed in the U.S. Army. He's spent 28 years as a Green Beret serving in just about every shit-hole on the planet. If it's been in the news, Jeff has been there. It's pointless to talk about Jeff's specialties because he's done everything and trained for everything. In fact, there's a lot about Jeff we can't even talk about. If James Bond had no fashion sense, no neck and could bench 350 pounds, then Jeff would be America's 007.



#### **Chad Wade**

Chad Wade went straight from instructing at Naval Special Warfare in Coronado, California, to co-founding READYMAN. After seven years, Chad was chomping at the bit to take the inside knowledge of a Navy SEAL and share it with regular, gun-toting Americans. He spent his time in the SEAL teams as a breacher and an assaulter, which means he learned the best tool for any job is a hammer. True to form, you'll catch Chad in READYMAN videos going all-gas, no-brakes.



#### **Jason Ross**

Having been a hunter, fisherman, shooter and prepper since childhood, Jason Ross has spent tens of thousands of hours roughing it in the great American outdoors. He can't sing, dance or dress himself in the fashion of the day, so he's been left to impress women with his "outdoor skills." He's killed more big game animals than cancer and he's an Ironman triathlete, though probably just about the slowest Ironman to ever cross the finish line on anything other than a stretcher.



#### Vi Diamond

Vi Diamond joined the SEALS after serving as a Navy corpsman for a long stint (no doubt prolonged by the fact that he roughed up his leading petty officer just a tiny bit.) Then Vi put in 9 years as a SEAL hitting it all over the Middle East. After serving with the U.S. State Department, Vi founded a couple of Cross-fit gyms, married a hot lady, ran a bunch of ultra-marathon races and generally did everything a standard-issue bad ass might do. You can't hang out with Vi and not feel just a little inadequate.



#### **Evan Hafer**

There is literally nothing Evan Hafer won't do to pull off a practical joke. At the drop of the hat, he'll put on skanky-cut denim shorts and his super-tight "Hillary" T-shirt just to make new guys think he's gay. He can talk in a lisp for days if that's what it takes. And... Evan is probably one of the top five combat handgun shooters IN THE NATION. He's so fast and accurate it's kinda hard to believe. Evan served for 20 years as a Green Beret in addition to doing tons of work for the Department of State.



### 1.) The Defilement of our Currency

Because of our outlandish printing of money and exorbitant debt the world turns to another, more secure currency as its reserve. This would unveil the true value of our chlorophyll colored paper.

### 2.) Our Debilitating Debt

America's creditors decide the time is up and they must pay back the trillions owed. Perhaps hardships in their own countries or resource shortages force them to come knocking for repayment. Some would argue this would create war, which often bolsters economic growth. I envision some sort of sanctions effecting imports and exports.

### 3.) The People

My personal favorite. The American citizens demand immediate action to rectify the debt under threat of impeachment and dismissal of congress. Government spending is cut to only the bare minimum. Though this would be just as ugly a scenario for America as the prior two future generations would enjoy a life of great prosperity. In this age of government dependence the scenario is basically a fantasy but I thought it necessary to put out there. With the how answered or at least your own mind stimulated to follow me down this path it brings us to the next question.

This one is the more important of the two. What do you do to prepare?

No matter how the chips fall it's important that you have a plan. There is no question that YOU the reader of this article will face some hardship. Are you prepared, first, to face your own financial collapse. How long could you survive if there was no one working in your household? Those looking to get prepared for these giant catastrophic events tend to get so wrapped up in the big picture they forget about the personal catastrophes.

Cash, gold, silver, yadda yadda just make sure you have a plan outside of the regular system. Have a plan to keep yourself afloat for at least three months. I wish I could tell you what that was supposed to look like but the fact is you know what you need to get by better than me. Sit down and write it out. I mean write it too. Don't type it out and have the computer crash on you leaving you back at square one.

Why it won't be the 2nd great depression

There are some striking similarities between depression era America and today's America. Now, we are far from depression status here in the land of milk and honey. There was a time in New York when some 6000 street vendors walked the streets selling Apple's for a nickel a piece. Still, facts about wealth and the wealthiest one percent were very similar. Their ownership of one third of American assets at the time is a near mirror of today. Or perhaps it just never changed.

Comic book characters were drawn into newspapers and their popularity skyrocketed. Not much different than the blockbusters of today. It's not a precursor of a coming collapse more so a similarity but I do think our American hearts are aspiring to achieve great things. This motivation is often met with struggle and failure, which of course creates appeal for stories like Superman and Wolverine.

I believe a true economic collapse in America will be one of the more bloody and violent stains left on the pages of history.

If our governments printing press, formerly known as the U.S Mint, loses its value it will be a much more debilitating situation than in the 1930's. Half of the country receives some level of government aid. That could mean loss of income for half a nation. We have watched the panic that occurs when food stamp cards malfunction or benefits run out for those expecting such aid. With the added angst of young Americans, (many who assume they should be millionaires just for attaining a degree or writing a song) the heightened racial tensions and growing population of immigrants, that have not been vetted, I believe a true economic collapse in America will be one of the more bloody and violent stains left on the pages of history.

### **Preparing for an Economic Collapse**

The way I see it there should be very little you do to prepare for tomorrow that doesn't positively affect your life today. That is how I maintain balance in my life and avoid making ridiculous purchases. There are tons of tools and books and snake oil out there with a great marketing plans. If you allow them they will drain your funds dry. Keep it simple.

### **Hard Assets**

From the moment I fell into preparedness and started reading about similar events it became abundantly clear that you should keep plenty of cash around. That was funny to a young broke husband who had very little cash. I started looking at silver. Other than the local joints around town I like Silvertowne.com on the web. They offer a variety of products with free shipping.

It's the diversity in your ability to obtain what you need that makes gold and silver appealing. This is especially important when we talk about preparing for at time when the dollar may not go as far as it used to.

Get your kids involved in counting and choosing coins and bullion. There are beautiful pieces from all over the world. This will make it an enriching experience and not just a prepper chore.

### **Start Hunting**

I would never advocate hunting in the event of a serious societal meltdown. Hunting on publics lands can be dangerous enough today. You learn a lot of things from hunting. Safe firearm handling, tracking, packing, making a critical shot with your adrenaline pumping are just a few practices required for you to get out into the woods and stalk an animal.

It is very important that you get to know what type of person you are when the adrenaline is pumping and it all comes down to that critical moment.

### Jiu Jitsu

I can't talk enough about how important it is to get comfortable in the clutches of a grown man who is trying to strangle you. Most people are never in this situation, thankfully. If you want an edge, if you really want to know how you will react in a life or death situation there is no comparison to Brazilian Jiu Jitsu.

### Start producing food

Storing food is important and there tons of great resources and companies out there to help you with your goals for food storage. I would prefer you begin producing a percentage of your own food as soon as possible. Begin as small as you'd like. A small garden or chicken coop maybe even a couple of fruit trees. Invest the time and money to grow from there.

### Medical

Of all the things I have read about Argentina, North Korea, Cuba and places that have suffered similar circumstances medicine and illness are such a huge issue. I am as guilty as the next person of not understanding how to fix the human body at a high level.

A solid medical kit stocked with standards and medicines on which your family relies is so important. This is something you should have on hand RIGHT NOW! A hurricane or natural disaster could make a high quality stock of medicine and medical equipment the difference between losing a family member. There will be medicine shortages and most importantly public services will be spread very thin.

### **Home Security**

Today's America requires advanced security in and around your home. You should have a variety of deterrents in place to avoid an incident. The worst thing that could happen is you having to shoot someone in your home. We have silly bumper stickers and tee shirts about it but putting your family through that type of a situation is not good. There could be litigation and a number of other things that follow defending yourself with a weapon.

Imagine what your neighborhood will look like if people have no money, no welfare, no medicine and no food. The deterrents will be essential. Locks, high fences, flood lights, dogs, cameras or security systems are all things to consider.

### Adding the I AM Liberty methodology

Most importantly begin nurturing relationships with your neighbors today! On I AM Liberty we talk about community. I believe that strengthening your community is the next step in preparedness. My listening audience is often badgered with a community solution we have developed. I call it Rerooting America. The mission is as follows

Rebuilding America's communities through initiatives that promote communication, self-reliance and youth development.

It focus on seven core practices and they are mentoring, community gardening, the outdoors, bartering, timebanking, renewable energy and hard assets. Engaging your community with these ideas and setting goals will create a community that is prepared, engaged and most important of all happy!

### The dollar is threatened today!

Nations like China, Russia and India are amassing huge inventories of gold as they understand the world is defaulting everywhere we turn. These tangible assets make other countries comfortable. This also causes them to shy away from currencies that carry gigantic debt and volatility like the U.S. dollar. At the moment it is doing well but I think even Stevie Wonder could see the future of the dollar is anything but stable.

Its like I said before make preparedness a multi service tool that both increases your level of comfort in a hostile world and enhances your quality of life

Worse yet are the alliance's these nations are making with one another. There have already been talks with several nations in the Pacific about the elimination of the dollar as their reserve currency. This could do serious damage to the value of our already exhaustively printed and sparsely backed currency.

Its like I said before make preparedness a multi service tool that both increases your level of comfort in a hostile world and enhances your quality of life. Whether you are preparing for an economic collapse or just a personal catastrophe remember: you know what you need better than any expert. Customize your plans and log them away somewhere safe.

This economy is held up on brittle legs. Don't be caught off guard. Include the basics, include your community and if the walls come down you will be prepared.

Article by James Walton www.iamliberty.com









Riots are definitely nothing new to society. The Watts riot of 65, The LA riots of 92, and most recently the Ferguson riots and Baltimore riots. A riot, according to the Webster's dictionary, is defined as "a noisy, violent public disorder..." These are typically unpredictable and can evolve like wild fire. Even if you have no weight in either end, for or against the said reason for the riot, you could find yourself in the cross-hairs. This is a survival situation, one that may be more likely than getting trapped in the woods in today's day and age. How you react will determine your survival.

I personally have been lucky to never been foot deep in a riot. But I have been through what typically results from a riot. I have had my car broken into, my home broken into, and I have been held up at gun point. Now imagine that multiplied by ten—welcome to the civil unrest.

**Best plan of action:** If you're lucky and you're home or in a safe work place, stay put, call authorities, and notify loved ones of your location. Advise them not to come unless you tell them the coast is clear and you absolutely need them. Be sure to fortify any openings you can if you're in any sort of radius from the chaos. If you're in a business building, try getting to a designated safe room, or possibly the roof. Remaining safe and unseen is going to be your best plan of survival. Charging into a crowd, or trying to snipe rioters like a war game will only get your killed (or in severe legal trouble when/if law is restored).

If you're an innocent bystander and a riot breaks out, stick to the Greyman techniques. Greyman basically means staying invisible. Move seemingly with the crowd while heading in a diagonal direction to escape the crowd. Again the goal here is evade and escape.

**Planning ahead:** Keep an eye on weather patterns, market changes, and political issues. Sometimes you can predict and plan ahead for civil unrest. If a major storm is predicted, many people have been known to crowd stores and grab as many supplies as they can, simply because they did not prepare for natural disasters ahead of time. It's best to avoid this all together and make sure you have supplies year round. More than likely if you've lived in an area long enough, you know the likelihood of said disasters. Think of how crazy and out of hand the situations get during Black Friday shopping. These people are trampling, punching, and in some instances shooting over 50% off electronics; now how do you think that crowd would act when they need food for their children?

On the road: Always keep a bugout bag filled with all the necessities for survival, food, and water in your vehicle. If you're traveling, or simply driving home, and civil unrest breaks out, you may have to take unfamiliar roads or hide out for a bit. Now, I never condone violence, and keep in mind if law were to reinstate you may be held for legal actions, but your life is important—I have seen many situations where rioters block a road and drag people out of their vehicle and beat them to death. If you find yourself in this situation, my best advice would be DO NOT STOP. Think about it, those people don't want to die, and if they're smart they will get out of your way.

Worst case scenario: You or a friend/family member has been shot! This needs to be taken care of as quickly as possible. Call 911 and try to get help as soon as possible. If the bullet has passed completely through, plug the holes to help stop the bleeding. If the bullet is within the body, do not try to extract it, leave it where it is and try to help stop the bleeding until you can get to a doctor. Contrary to Hollywood, removing a bullet is not that easy, nor is it safe.

Don't play hero: We all like to think if we were in a chaotic situation we'll know exactly what to do. That's not the case. When I was held up at gun point when I was younger, it was the worst feeling of my life. You don't know the man with his finger on the trigger, if he'll think twice or not. In this particular situation, I was lucky to find an opening when he was distracted and turned his head away from me. Thru my martial arts training, I was able to identify and follow thru with a quick blow to the jaw and I made a mad dash inside the nearby convenient store. I was lucky, and there's no way I could have prepared for that situation. If you have civil unrest or a riot going on, more than likely the man behind the gun will not just be looking for your wallet. People in large crowds, especially under chaotic situations, feel empowered and invincible. One would not think twice to harm you.

There is no perfect plan for civil unrest since chaos is exactly that—chaotic and unpredictable. Your best plan of action to survive is to evade and avoid. Be prepared and well informed. Situational awareness will be your best tool. Perception, comprehension, projection. And as always—be prepared!

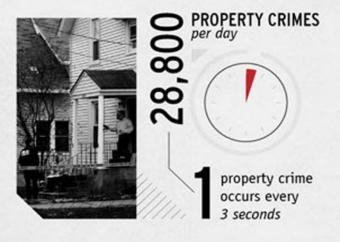
-Bug Out Beck www.bugoutbeck.blogspot.com



# HOME INVASION

[ STATISTICS ACROSS THE U.S. ]

[ CRIME RATES ]

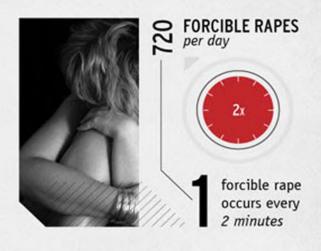
















2 600 000 .....

3,600,000 IS THE AVERAGE NUMBER OF HOME INVASIONS THAT OCCURED ANNUALLY BETWEEN 1994 AND 2000.

### [ REASONS TO CARE ABOUT HOME SECURITY ]



\$17.99 can buy a set of 6 bump keys.

Thieves can unlock 90% of doors with Lock Bumping.

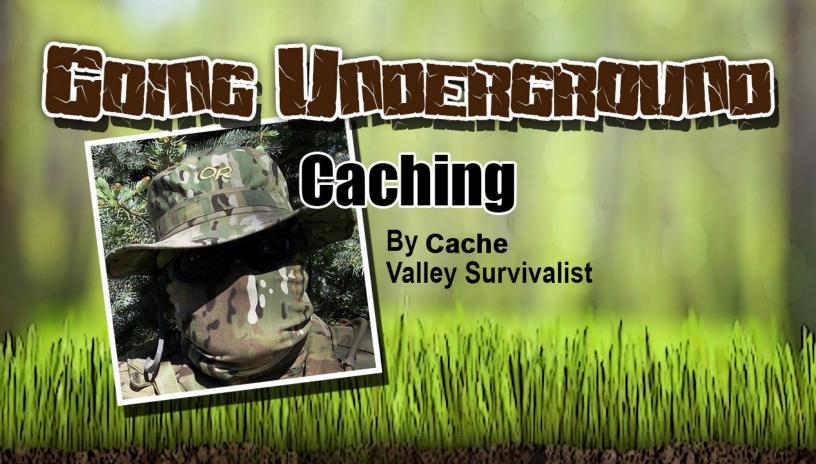
Experts say no traditional lock is bump proof.

Lock bumping is spreading because of the Internet.

Sources: FBI / US Department of Justice / Bumpkeywarning.com

Image credits: Alberto Veiga / Tharogas / Old Onliner / Gcfairch Mayron / Crazystuff.ch / Håkan Dahlström ARMOR

INFIDEL BODY



### Bio:

Cache Valley Survivalist was raised on archaeological excavations. observing how other cultures solved problems not unlike the ones we face, hunting, scouting for artifacts, searching for evidence of human habitation and rock hounding. He started caching survival equipment in earnest in the early 1990's and has cached and retrieved many caches of his own. Some were retrieved after more than 15 years in the ground.



### Why Cache?

Caching is a tried and true solution to putting all your eggs in one basket. If your primary residence was burned to the ground or wiped right off the map today, what would your life be like without the resources you have accumulated in your home?

Every journey begins with a single step. If you have yet to take it, one simple cache will set you on that road. Once you see how easy it is and the peace of mind it gives you, you just may decide you want more caches.

Emergencies arise out of the realm of uncertainty. I constantly hear people zealously defending plans to bug in or bug out to the exclusion of one or the other. The vast majority of emergencies I have experienced and observed involved some level of Black Swan element; a measure of the uncertainty, surprise or error. When we know about a threat, we take steps to ensure we avoid it or reduce our exposure to it. If you can predict the future, congratulations! Some orderlies in white coats will be along shortly to fit you with a new jacket.

Caching is an antifragile behavior. If you are not yet familiar with the concept first named using a single word by the risk management consultant, author and professor, Nassim Nicholas Taleb; that which is fragile is damaged by the chaos and tumult of emergencies. That which is robust, is not damaged by them, but it does not benefit in any way either. But that which is anti-fragile, actually grows stronger or benefits in response to them.

I have heard a couple of survivalist authors pay lip service to this concept, but I am not sure any of them really understand it since I have heard precious few examples of specific things survivalists do that makes them anti-fragile. I believe caching is one of them because when it is done well, it can result not only in your survival, but your gain because cached goods can be resold in a market with a large demand and very little supply. Although I would not say that economic gain alone is a comprehensive metric of success, I do agree that commerce is straightforward, if not always totally honest, in that one is largely aware of the motivations of other parties in a financial or barter transaction.

### **Principles of Caching**

Certain correct principles underpin effective caching, just like any other survival discipline. The subject is worthy of multiple texts, but I'll squeeze what I can into an article for easy consumption.

**Purpose:** Determine the needs the cache must meet, and what gear and provisions will be necessary. This will also help you determine the size and quantity of caches to be installed. Most authors speak of "a" survival cache. A single cache is a great place to start and everybody needs to start somewhere, but I try to avoid teaching things that get people killed in a hurry.

Deciding the purpose of the cache will also decide what the contents should be. A few of the most common types of caches are

**Primary Equipment Cache:** An equipment cache to get you back on your feet and on your way if your residence is destroyed or captured or equipment at a retreat that might be looted if it was discovered before your arrival. It might contain a complete load out or it could contain food, tools and seeds.

**Travel Cache:** Usually one of a series of supply caches containing primarily consumables to sustain a journey such as food, fuel, medicine, hygiene items and ammunition, thus making it possible to travel a far greater distance.

**Exit Strategy Cache:** A cache to aid your flight from an area largely hostile to you or likely to become so in the near future. These usually contain money, valuables, travel documents, phone, SIM card, data, radio, transportation or other items to aid in getting back to friendlier territory.

**Operations Cache:** Equipment cache for the purpose of carrying on offensive or defensive operations. This cache would contain mission-critical equipment for types of missions planned in advance. You may be able to carry certain weapons openly today, but there is no guarantee that will always bet the case.



### **Location & Recovery**

Location, Location, Location: If you cache only to have it discovered or destroyed by construction or curious people, your energy will be wasted and any enemies may be alerted you are use the area. You cannot predict the future, but you can research zoning, history, local habits and generally keep your eyes open.

Recovery: Access to the site will be a primary consideration in choosing location. Caches should be able to be retrieved during the types of calamitous circumstances that would necessitate retrieval.

Easy To Find? Caches do not need to be easy for anyone to find, just those who will use the cache. I often hear the opinion recycled that cache locations should be easy to find day or night in any season and easy to describe the location to another and to photograph cache sites or make sketches of the sight. I prefer to maintain OPSEC for caches sites by applying an easily remembered algorithm or cipher system. This way, written instructions for finding caches can be hidden in plain sight in the form of a seemingly unrelated document ore as meaningless gobbledygook.

Documentation: Unencrypted images and documents are an intelligence gold mine. If you get searched, chances are very good that any of maps, paperwork or storage media will be



Caches aren't just meant to be buried they can also be placed up high in a tree



Caches can be hidden in plane site inside or under inanimate everyday objects



Example of a information stash disguised as a ordinary item. Sensitive data should always be encrypted or at least password protected

Access: With what frequency will the cache be accessed? Some caches must be able to be accessed repeatedly and frequently while others may be accessed only once. If you need to access a cache frequently, this will likely limit the distance you are willing to travel and impact the design since you will not want to have to dig it up every couple of weeks. Concealed caches are much more convenient to access regularly.

**Term:** The duration of time that the cache will be in place will affect everything from how materials must be stored to the construction of the cache itself. Buy or build? A number of purpose-built survival cache solutions have appeared on the market in recent years. Keep in mind that a constant, cool temperature, in a dark, dry, water-tight container give the longest storage life for most materials. You are the only person qualified to make the call to buy or build, but I will touch on a few points to help you decide.

**Buy:** There are a lot of companies selling cache containers and most commercial caches will survive burial if properly packed, but most are pretty expensive.

**Build:** If you build, and intend to bury, my advice is to build with materials designed to survive being buried without leaking much longer than the term you intend the cache to last. Ferrous metals do not fare well in soil. I have excavated ferrous objects that were not merely rusted useless, but decomposed to the point they were just rust-stained shapes in the soil. Do not bury caches with rubber gaskets. Rubber gaskets rots in many soil types and the cache will leak. Ammo cans have two strikes against them since they incorporate both ferrous metal and a rubber gasket. Unless a cache absolutely must be reusable, I use PVC and glue the end caps. If I need to access a cache repeatedly, I install a clean out plug. PVC is inexpensive, nonmagnetic, non-ferrous, rubber free and does not leak. If you cache a lot, you will realize that all you need is a container than works. Why spend more time or money than necessary? You can afford more caches if they cost less and can be built quickly.





## Will You Be Gray When Disaster Strikes?

Before we start, there are two things I need to tell you. First, I need to explain the concept of "gray man" to you, in case you haven't heard it before. Being gray is all about doing your best to not stand out and make yourself a target to looters, protesters and anyone else who might have a beef with you when disaster strikes. You do not want to be the hero unless you're talking about your life or the life of your family.

The other thing I want to make clear is that I'll be talking about being gray for urban scenarios only. A lot of folks in the countryside are against this because as they'd much rather be "the go to guys" of their communities when stuff happens. And that makes sense because they'll have a lot less people to deal with and it'll be a lot easier for them to get organized.

But if you're a city dweller or even a suburbanite, being gray is one of those survival skills you need to get good at. When your city descends into chaos, your mission should be to get yourself and your family to safety, and one of the ways to do that is to attract as little attention to you as possible.

So let's see what some of these "gray" things that you can do are...

### Careful about What You Say and Do

Being the gray man is all about being "invisible" in plain sight. What you say or do, even if it's the smallest gesture or word, might literally make the difference between life and death.

Say you're in a riot, ok? If the protesters are all moving in one direction, you don't want to move against them, otherwise they'll quickly notice you and... God knows what they'll do to you. An even better thing you can do is move in the same direction as they are, but at an angle until you finally find a window of opportunity to get out and make yourself unseen.

### Careful about What You're Wearing

Plus, things like jewelry, make-up, clothes with luxury brand logos on them, formal accessories such as ties, tie clips, cufflinks, watches, bracelets, fedoras – all of them have to go. The biggest issue with laying low post-SHTF is the clothes you wear. I know it's trivial to say that you shouldn't wear bold colors or camo, everyone knows that. Not so trivial, however, all the other little details that may attract the wrong people.

For example, tattoos and piercings are two of the best ways to say you're a troublemaker even when you're not. One of the first things you'll want to do as a gray man is to get rid of the piercings and figure out ways to hide your tattoos. Even if you have one, say, on your lower leg, if it's summertime and you're gonna wear shorts, it is going to show. Wear trousers and you risk standing out in a different way because no one else will wear them if it's too hot outside. Always think about every possible scenario and every possible development to be 100% sure you're covered.

When they think about the concept of being gray, most people focus on visual cues. And that's fine, except that we humans have more than one sense. One of the senses most likely to give you away in a survival situation is smell. If you smell like soap or shampoo, for example, people are gonna think you're doing pretty well. And don't even get me started about perfume and deodorant. In fact, being a little sweaty is going to hide you amazingly well in plain sight both visually and olfactory.

Of course, the last thing you want to smell like is food. And, speaking of which...

### Careful About What You Cook

Cooking smell travels fast and can draw the wrong crowd. I'm not necessarily saying that the most vicious gang in your neighborhood is gonna come for your stew. I'd be more worried about your neighbors who will probably starve to death and will come knocking on your door the minute they smell beans.

Eating canned, dehydrated or freeze-dried food is a good option. Another one is to go foraging around the city inside parks and other green spaces. You're gonna find a lot of edibles that will make a very good salad: clovers, dandelion greens, ground ivy and many more.

Of course, if you really want to do "low odor cooking", you can always use a pressure cooker but if you don't have one, you definitely need to start looking into the alternatives above.

### Careful How You're Bugging Out

If you can't afford or don't want a big 4X4 that will act as your bug-out vehicle and allow you to load it with fuel and supplies, consider alternative means of transportations that will also be a lot quieter. Skateboards, mountain bikes, inflatable boats are good examples. Ideally, you want to move at night because that's when most protesters are at home sleeping, getting ready for another day in the trenches.

### Careful Where You Camp

If you haven't made it to your bug out location yet or if you don't have one), most likely you're stuck somewhere in the woods. Unfortunately, you probably won't be alone. A lot of people are probably gonna go the same way, not because they know what bugging out means but because they have no choice.

If you decide to camp in a place with a high probability of some of them running into you, you can imagine it's going to be one awkward encounter. The more inaccessible your location, the better. And I'm not just talking about people, wild animals are going to pose a serious threat too.

### Last But Not Least, You Have to Become Gray Starting Now

If you think you can just wait for disaster to hit before practicing being gray, the chances of you actually getting it right are very slim. Some of the things you can put into action right now include:

• Start wearing clothes that, right now, don't stand out in any way (no logos, no bold colors, and no luxury brands on them).

- Practice keeping your mouth shut as much as you can. If no one (except your survival dream-team) suspects that you're prepping, you're definitely doing it right.
- Notice some of the things people around you are doing often that you don't usually do and start doing them. Maybe they talk a little louder or walk a little faster. I know it may seem like you're just imitating other people and not being yourself but being the fly on the wall is a skill that not a lot of people have; that's why it needs constant practice.

That being said, I hope that now you have a pretty good idea of how to make yourself gray in urban situations and what it takes. As you can see, none of the things I told you about in this article cost you money (except for the clothes, which you're going to buy anyway). It's all about having the discipline to do this week after week, month after month, until it's finally happening and you're gonna have to do it for real.

Stay safe, Dan F. Sullivan www.SurvivalSullivan.com

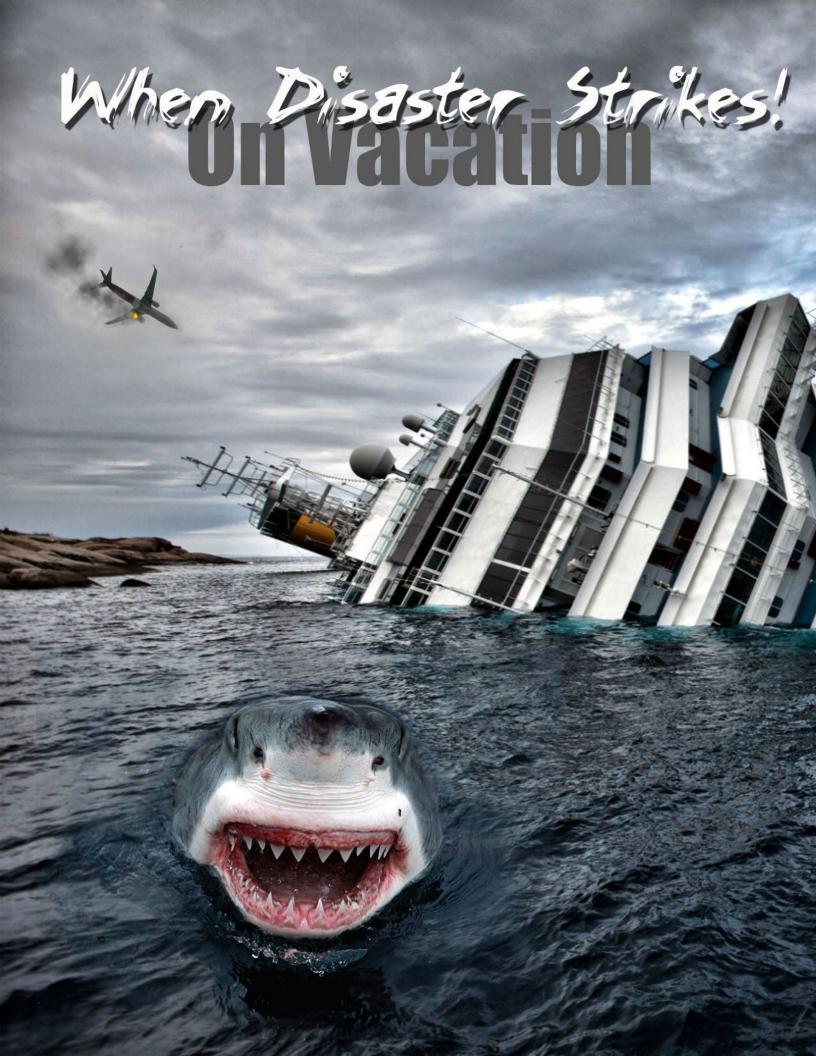


WEAR NON-DESCRIPTIVE, NON-ATTENTION GETTING ATTIRE AND AVOID TOO MANY ACCESSORIES OR THINGS THAT MAKE YOU STAND OUT

STICK WITH EARTH TONIES, A PLAIN BALL CAP, NON-TAC CLOTHING

KIEEP GEAR, IEVEN POCKET KNIVES I NVISIBLE. IN A CRISIS SCIENARIO WHIERE YOU NEED TO BE GREYMAN, LEAVE THE BACKPACK BEHIND AS IT DRAWS ATTENTION

APPEAR TO MOVE WITH THE CROWD, BUT STAY DIAGONAL AND TOWARDS YOUR PREDETERMINED EVACUATION POINT







According to the US Department of Transportation's National Highway Traffic Safety Administration, motor vehicle accidents resulted in 32,719 deaths in 2013. The roads can be especially hazardous this time of year with an increased number of drunk drivers from summertime holidays such as the Fourth of July and other vacationers who are tired or distracted. For example, you may be distracted while driving by kids screaming or could be totally exhausted because you thought it might be a good idea to drive all night instead of stopping at a motel to make better time.

Install a GPS navigation device so you don't get lost, argue with your wife or take your eyes off the road looking at a printed map. Install a DVD player in the back if you have children they will be less likely to yell and scream if entertained.

Avoid driving while fatigued. Make sure you take turns driving during long road trips if you have another licensed driver in the car. The American Automobile Association (known to most simply as "AAA"), has a lot of useful information on safe driving during vacations. Always make sure your tires have enough treading and air pressure before you embark. Most preppers also put a bug out bag in their vehicle. You should at least have an auto emergency kit and a charged cell phone. A fire extinguisher can also be useful in the event of your engine overheating and catching fire. Store a extra bottle water and antifreeze in case of overheating. If you experience any trouble while on the road pull all the way over out of traffic. If you have to work on your car on the side of the road make sure you are visible put on bright colored clothing, turn on your hazards and use a road flare or hazard lights from your emergency road kit.

One last common sense tip is to always wear your seatbelt, even if you are riding in the back-seat. In the event of an accident you want to maximize your chances of survival and minimize the amount of personal damage you take. Nobody is too cool for seatbelt. Although very rare sometimes seatbelts get stuck and if you are drowning or your car is on fire your gonna want to get out of there quickly. Carry a pocket knife to cut the belt. Some knives come with a sealt belt cutter and a window breaker as a added accessory. Never text or talk on the phone while driving. Studies have shown it impairs reaction time in a similar way that driving drunk does.

W. RED BIRD LN



Statistically speaking, planes are actually safer than cars and you are far less likely to be in a plane crash than in a car accident. The reason people are so afraid of flying is that car accidents seem more survivable than a plane crash, and that cars seem to be more in your control because you're the driver. Flying on a plane, on the other hand, you're at the mercy of the machine and the pilot. Even if you're the pilot, you're still relying heavily on the technology of the aircraft to function as it's supposed to.

When most people think of a plane crash they imagine the whole aircraft smashing into smithereens. This isn't necessarily true and plane crashes are in fact survivable whether it's in a large commercial jetliner or single engine Cessna, you should always prepare yourself. Make sure you take note of all exists when you board the plane. Make a mental note of how many rows you are from the nearest exit. In the event of an emergency, there may be smoke in the cabin and you might not have actual visibility of the door. In such an event, you will need to be able to count the rows of seats you crawl passed so have your escape plan in your head ahead of time.

In his book SEAL Survival Guide: A Navy SEAL's Secrets to Surviving Any Disaster, former Navy SEAL Cade Courtley shares some additional tips for surviving a plane crash. For example, he says you should book a seat near the back of the plane as statistics show passengers in the back are more likely to survive. Try to sit as close to an emergency exist as possible. If the plane is going down, brace yourself. Courtley suggests grabbing the back of the seat in front of you with one hand then cross the other hand over the first to also grab back of the seat. Then place your head in the triangle you have created with your crossed arms. If there is no seat in front of you to grab hold of, Courtley suggests leaning forward, pressing your chest against your thighs, duck your head between your knees, and place your hands behind your head to protect your neck. Pray you have a good pilot!



If your vacation involves going out on a boat, whether it be your own personal boat or even a large cruise ship, there are several things you can do to prepare yourself for an emergency. The very first thing to do when you board any ship is to familiarize yourself with the location of emergency supplies such as life preservers, escape rafts, and life jackets.

Situational awareness is also crucial here. Although you may be on vacation and enjoying yourself, that doesn't mean you should mentally clock out. Keep aware of your surroundings and what is going on around you at all times. If something goes wrong, you want to be able to know it as soon as possible to give yourself as much time to react as you can. You might be able to prevent the disaster with diligence but if you can't, you can at least take steps to ensure your survival.

If the ship is going to capsize or sink and there is nothing you can do about it, you need to call for help before it happens. You don't want to jump overboard with nobody coming to get you. Know where the radio is on the ship try to keep your bearings as to the location of the ship at any given moment. Channel 16 VHF-FM (156.8 MHz) is a line connected to the U.S. Coast Guard where you can report MAYDAY emergencies. If you have a cell phone, you can also call 911.

Try to put on as many layers of clothing as you can before going into the water. The extra layers will help insulate you and delay on the onset of hypothermia. Grab any nearby supplies such as water and something that floats which you can hold onto. It may sound strange to grab water when you're about to jump into some, but that water probably isn't safe to drink and you don't know how long you're going to be out there before getting rescued.



Whether you're in a country famous for its kidnappings such as Mexico or even right here in America, kidnapping is a very real danger. This is especially true abroad as tourists tend to be easy prey for seasoned muggers or kidnappers because they are unfamiliar with the area, don't know many other people, and seem like they have a lot of money. Kidnappings usually occur for ransom or in some cases, depending on the country, to sell the victim into slavery or prostitution. First of all, never separate from your group. Always be aware of your surroundings. Remaining diligent is something that has been repeated over and over in this article. When you are out in public, you need to always maintain situational awareness. Is a stranger seemingly paying you or someone else in your group undue attention?

Stay together at all times never go off alone. Take bathroom breaks in pairs. If you think you are being followed, whether on foot or in a vehicle, you can determine this for sure by making a series of right turns. After four right turns you will have gone in a complete circle. Nobody traveling naturally would have followed this pattern – so if you are still being tailed you know for sure that you are being followed and should alert local authorities.

If you are in a foreign country and you suspect you are being target,ed you can also go to the U.S. Embassy for help in times of trouble. Although some of the readers of this magazine may not entirely trust the government, it may still be better dealing with them than with a kidnapper or getting caught in a riot! Make sure to look up the embassy's 24 hour emergency number before you leave.

### Getting robbed & identity theft

Thieves and even the room service know you keep a lot of your valuables in your room. Always make sure you lock your hotel room and double check. Purchase travel insurance. Take pictures of all your valuables and write down all the serial numbers so that the police can visualize what they're looking for. Try not to be too flashy, don't wear jewelry that can be snatched right off your neck. Keep your money and valuables in your front pocket not in a purse over your shoulder. Do not break or flash any large bills if you don't have to. If your credit cards are stolen cancel them immediately. Do not carry all of your valuables when leaving the resort. Use a RFID wallet to block hackers trying to skim your credit card info. Password protect everything you can, laptops, GPS units, iPods. This will at least slow down people who are trying to access your information.



If your vacation involves hiking out in the wilderness then animal attacks are a very real possibility. Learn about potential predators in the area before you leave for your vacation. Is the area you are planning on camping or hiking known for bear activity? If so you may want to consider carrying a can of bear spray with you. Bear spray is like pepper spray on steroids and is made specifically to repel bear attacks. If a bear does attack you and you don't have bear spray handy, your first instinct may be to run away or be very quiet and hope it goes away. Survival experts advocate actually doing the opposite. Make as much noise as you can and try to make yourself appear as large as possible. Create as much distance as you can between you and bear but don't run. Back away slowly. Avoid eye contact as that can be seen as an aggressive challenging act to bears. If you absolutely have to fight, then attack weak spots such as the bear's eyes. Never climb a tree as bears are good climbers!

Another potential danger from the animal kingdom you might face while on vacation is a dog attack. This could happen even while vacationing in a city. If an aggressive dog confronts you avoid making eye contact with it as the dog may interpret this as a challenge. Don't run away, either. This activates a dog's instinct to chase you. There are many techniques that can be learned to incapacitate a dog but for a beginner, jamming something in its mouth, such as a jacket or rolled up sweater, to prevent it from biting you is one good tactic. Wrapping the jacket around your arm can provide a large target for the dog to bite and will prevent its teeth from sinking into your flesh.

Shark attacks are not very common. There are less than 100 recorded shark attacks around the world each year. But just because they don't occur frequently doesn't mean you shouldn't be prepared for one. If you are vacationing on the beach or on the ocean water and you are concerned about shark attacks, check the history of the location to see if it is known to have shark infested waters or if any previous shark attacks have been recorded in the area ever before. If a shark does attack you, there isn't much you can do at that point other than desperately attempt to fight back. There have been cases where people have been bitten by sharks, but fought them off and escaped with their lives. If a shark is attacking, use any weapon you can, even if you have to resort to fists and feet, to attack its weak points – its eyes, its gills, or its nose. Causing the shark enough pain may cause it to decide you're more trouble than you're worth and give up.

## SWISS MINT SURVIVAL

Everything You Need to Know to Create Your Own Candy Tin Survival Kit



#### Cotton Tinder

Matches are of little use without something to act as fuel for the fire. Cotton is a very good source of tinder for starting a fire. Some products offer waterproof, chemically treated, cotton, which burns longer and under harsh conditions.

### Compass

Being found is ideal, but often when faced with a survival situation you need to take matters into your own hands and get out. To do this you will definitely need a compass. A compass will also help prevent you from getting lost as you explore the area for resources such as water and food.

### Signal Mirror

A signal mirror is an excellent tool to get you noticed by passing planes and boats. A good signal mirror will have a small sight which allows for the user to aim the reflection to signal a specific target. Most mirrors come with instructions which can also be slipped

### Needle and Thread

The ability to sew gives you a great advantage when in a survival situation. You can repair things and even perform emergency stitches if injured.

### Fishing Kit with 3 hooks, 3 sinkers and line

After water, food is the most important thing that you need to have to survive. With 3 hooks and plenty of fishing line, you will be much more successful than you would be trying to catch fish by hand.

### Assortment of Bandages

Bandages are a great thing to have. In the wilderness, even a small cut is at risk for infection. It is essential to keep any wounds clean and covered. It is also wise to always have some butterfly closures, which can hold a wound closed to prevent infection.







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A good knife is essential to survival. Knives can not only be used to cut things, they are also great improvisation tools which can, if need be, pry, hammer and perform many other functions. A small and strong knife is important especially in a kit this small. If possible, get a lock back knife, it offers the strongest locking mechanism.

### Waterproof Matches and Striker (15 Matches)

Fire is the most important element to survival. Without fire, you will not survive. Waterproof matches are great because they light when wet, so even in a downpour you can get a fire going.

### Compact Rescue Whistle

A whistle allows for you to be heard from over a mile away and without exhaustion from yelling. Many whistles come with a lanyard hole, making it easy to carry them with you at all times.

### Duct Tape (3 meters)

Duct tape is the ultimate improvisation tool. And with 3 meters, you will be able to use this duct tape for many things.

### Can Opener

A can opener is a great thing to have, especially if you have some canned food laying around, but if not it is still useful. The flat body of this can opener allows for it to be used as a screw driver as well as a prying tool in addition to just opening cans.

### Safety Pins (4)

Safety pins are very versatile and can be used hundreds of times before they begin to wear. A few of these will help you with anything from improvised clothing to improvised fish hooks.

By Kevin Engelhard Sources: youtube.com, sogknives.com, fieldandstream.com

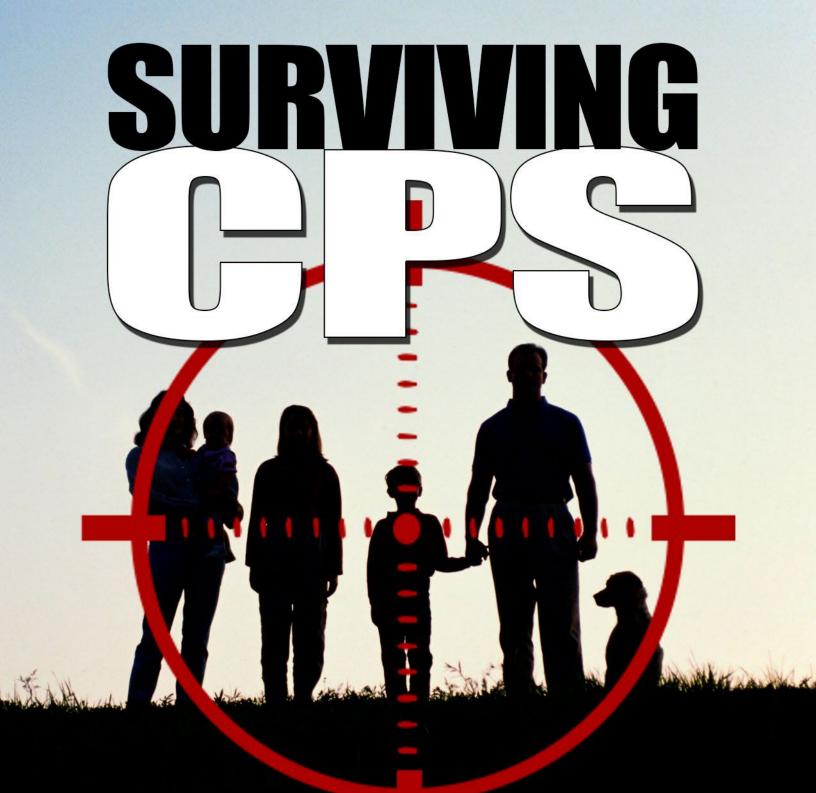


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-Disaster Survival Magazine



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Keeping your family intact



## Is rural and off grid living under attack?

Homeschooling and your right not to vaccinate your children is under attack. Police and CPS recently seized ten children from a "Off-Grid" home schooled rural family in Kentucky. This is just one of the many recent events of citizens being harassed or intimidated by the state and local government for ridiculous and petty grievances such as your grass being to high, growing a garden, collecting rainwater or choosing to unplug from the grid. The Naugler Family is just one of the latest victims of a nationwide assault on individual freedoms and rural living. The incident began after an anonymous tip was received about the family's traditional lifestyle. The local sheriff set up a perimeter around the Naugler's rural property before entering the premises. Eight of the ten kids were out with there father when the mother Nicole tried to leave with her two oldest boy to try and

find her husband so she could tell him what was happening. Mrs. Naugler never made it her husband she was stopped, arrested and her two boys taken from her custody. The sheriff then demanded the family to turn over the other eight children by 10am the next day or face felony charges, an order with which complied to. All of the children were in good health with no visible signs of abuse. "They are an extremely happy family," said family friend Pace Ellsworth, who says the Nauglers were targeted because of their "back to basics life" and their decision to home school their children. "This is the natural way to live," said Ellsworth. "It's actually a growing movement. They want to have a personal education and not a factory education. They are completely open about their life. Everyone is learning by living. They are all extremely intelligent." Visit the family Facebook page at www.facebook.com/MyBlessedLittleHomestead

### Surviving an Encounter with Child Protection Services (CPS)

Child Protection Services (CPS) is meant to protect children in abusive homes and ensure their safety. However, a slew of recent cases of children being taken away from their parents show that the CPS is intervening in cases where there is no genuine neglect or harm to the children. Incredible! Most of the families and children involved end up with physiological trauma when then was no wrong doing to begin with. When children are taken from the home they sometimes end up being sexually abused by forester parents a system set up to protect them from that very such thing.

The CPS has charged one set of parents with felony neglect for letting an 11-year-old play in the yard for an hour because they were unable to reach home because of a traffic jam, another for letting their children walk within a mile of their home on pre-decided safe roads on their own, and so on.

The case of the free-range kids and the case of the 11-year-old who was restored back to his parents because he asked the judge to do so are clear indication that CPS often ends up being used by those with a grudge against the parents. Nosy neighbors!

Many parents and even a former foster parent of the CPS system, Flynn, have complained about the abuse in the foster care system. Flynn, in his book, states that the children who came to him were heavily medicated. The parents of the 11-year-old who were arrested on a felony child neglect charge said that their son was provided only cereal for meals when he was in the state care system.

### Steps to Take

Fighting the CPS when they have filed a case of child negligence against you and criminal charges can be time consuming and difficult. The more kids they take away from loving family the more federal grant money they receive. Case workers can also receive promotions by increasing their caseload.

Do you want to home school or wish not to vaccinate your child? Health concerns may not be enough. Claim a religious or spiritual exemption. Ask your local church or lawyer for more information and guidance. You can download a exemption form by state click here

You need to be aware of your constitutional rights and stand by them. The CPS officials cannot enter your home without a search warrant. However, be polite and calm when answering the door and refuse to let them in without a search warrant. You also need to keep detailed notes of all of your encounters with CPS and ask them for a copy of the complaint they are filing. Additionally, you need to retain a lawyer who can fight the charges against you and help you keep your family intact.

### A System Rife with Abuse

The law provides parents and caregivers with the option for home schooling. However, CPS can become involved when a neighbor or someone who has a grudge against you decides to call them for very normal acts such as letting children over the age of 10 play unsupervised in the yard. In such cases, your defense will have to rest on the fact that you deem your child old enough to play without supervision in certain circumstances when you have provided clear guidelines.



## Z.A.P.S. Gear Survival Grenade Components

- 1. 45' 550 Paracord (1 continuous piece)
- 2. Laminated User's Guide
- 3. Load-Bearing Snap Link (350 Lb max)
- 4. Wire Saw
- 5. Compass
- 6. Several feet of Duct Tape
- 7. 3 Wire Snares with anti-escape swivels
- 8. Steel Shackle
- 9. Aluminum Foil (approx. 2 square feet)
- 10. 1 Gallon Ziplock Bag
- 11. Striker for Ferrocerium Fire-Starter (doubles as Saw) 25. Knife Blade
- 12. Ferrocerium Fire-Starter
- 13. Pencil
- 14. Weatherproof Paper

- 15. 20' Thread (wound around Pencil)
- 16. Needle
- 17. 3 Candles (approx. 15 min. burn time each)
- 18. 3 Fish Hooks
- 19. 6 Sinkers
- 20. 3 Barrel Swivels
- 21. 30' Braided Fishing Line (50 Lb test)
- 22. 3 Cotton Balls for Tinder/First Aid
- 23. 2 Large Safety Pins
- 24. 3 Weatherproof Matches with Striker
- 6 Water Purification Tablets with Instructions
- 27. Signal Whistle
- 28. Glow in the Dark Pull Cord



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Don't always count on GPS or your smart phone. Bring printed maps and also print a map for friends or family. Email it to them so they know where to look in case you don't return



Wear a good pair of worn in hiking shoes or boots with extra socks

# INTO THE WILDERNESS

It's that time of year when you, your friends and family may want to hiking or go camping together. Once you enter the wilderness, you are responsible for yourself and your group's safety. Please be aware that wilderness travel can be dangerous. Proper Planning and Preparation is essential. Plan for unexpected emergencies. Thoroughly research the area you plan to visit before hand. Print out any maps of the area, including trailways. Always plan for unexpected emergencies. Beware of common dangers specific to the area you are exploring (Example: some area may be prone to mudslides, falling rocks, poisonous snakes, bears, bobcats etc.) Check the weather forecast for the week and pack accordingly. If you are visiting a state park notify the personal at the gate of your intentions or notify a park ranger and tell them where you will be camping or hiking. Notify friends or family before you leave, give them an approximate time and date that you should return by. Print out a extra map for them with the coordinates of your camping/hiking area.

Make sure you have a comfortable pair of hiking boots. Spend the extra money and buy yourself a fitted pair of Dr.scholls gel insoles or foot pads. It will make a world of difference when on long hikes. Never go hiking in a brand new pair of shoes or boots make sure they are a little warn in first. Pack extra pairs of socks in case of blisters or your feet get wet or sweaty. Rest often and rehydrate.

Get a comfortable back pack. Make sure it fits you well and has extra shoulder padding. Pack light. Your gear will vary depending on your activities and duration. You can pack heavier if you plan to drop most of your gear off at your base camp. If you don't plan on camping overnight you should still have basic knowledge of how to build your own shelter along with proper emergency survival tools.



## **Backpacking / Hiking**

Backpacking and hiking backpacks are lighter packs. You will be carrying your pack most of trip excluding rest stops so the amount of gear and weight of your pack will depend on how long you plan to hike. It could be just a few hours, an entire day or a couple of days. Bring plenty of water, protein and energy bars. Many of todays packs include a hydration attachment such as a camelpak. Bring a survival kit, extra socks, rain gear, extra change of clothes. Plan for variations in temperature. Pack a tarp and some rope in case you need to make a shelter to get out the rain or for the night. Bring a good knife and multi tool. Pack a wilderness survival guide. Bring your cell phone fully charged. Always find the best pack that is most comfortable to your body type.



## Camping

A camping backpack is much heavier you have a lot more gear to carry but only until your reach your camp site. Good camping backpacks should have detachable compartments so you can transform your pack into a lighter hiking style pack. Many of the gear you would pack for a hiking excursion remains the same except you will be carrying more food and water, cooking supplies, a tent and a sleeping bag. There is only so much water and liquid a person can carry with them. Considering water is one of the heaviest items you will be carrying thats why you should always bring with you water purification tablets or a life straw water filter or canteen with a built in purification filter. Try packing freeze dried food packets they are much lighter then your traditional canned food.



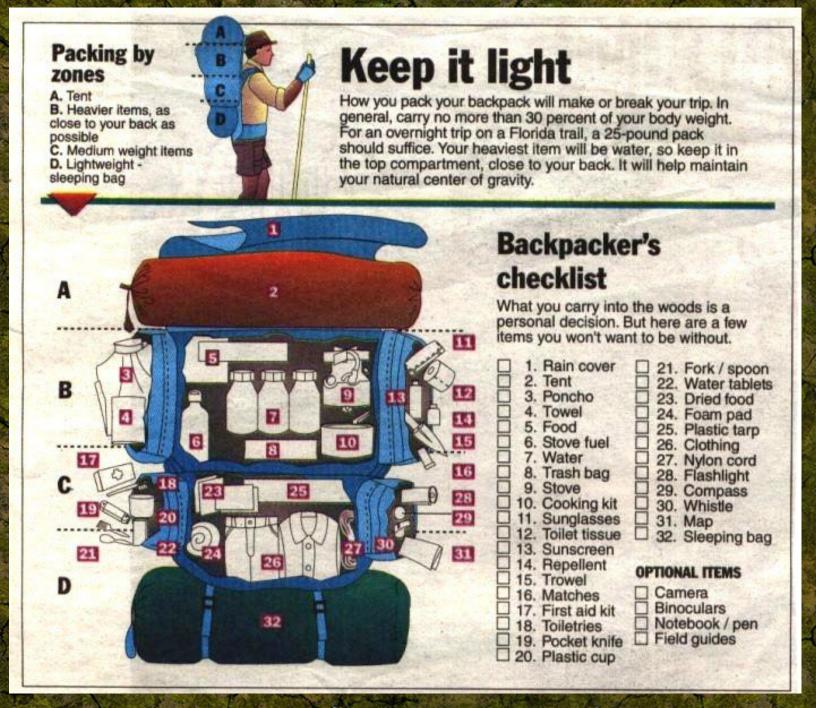
## **Take care of your feet!**

One of the most important parts of wilderness survival is properly caring for your feet. Inexperience campers or hikers usually have to learn the hard way. Many U.S. Soldier during Vietnam experienced "Jungle rot" due to improper foot care. Long hikes, heavy packs and moisture can wreak havoc on your poor feet. Stay out of puddle and streams. Look for socks made of synthetic fabrics (not cotton!) such as Teflon or Cool-Max, which wick moisture away from your feet, preventing the sock from bunching up and causing blisters. Also, buy socks with no seams and a smooth surface.

- Never wear brand new shoes on long hikes
- Spray water sealer over your boots
- · Bring foot powder to dry up moisture
- Bring extra socks
- Wear custom fitted gel insoles
- •Make sure First aid kit is prepped for blisters with Lydocain spray & ointment





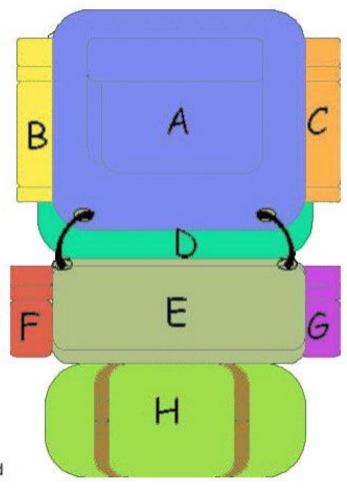


### Suggestions As To What To Pack And Where To Pack It

This check list is offered as a near minimum for a safe and comfortable backpack outing. Using an adequate pack and sleeping bag the weight should be under 20 lbs. You will need to add 1 1/2 to 2 lbs. per man per day for dehydrated food and 2 lbs. per quart of water. You should be able to pack in for a week carrying under 30 lbs. When buying ANYTHING for camping or backpacking, wait until you can afford quality equipment, buying something "for now" will only cost you allot more in the long run. Don't buy just for camping if you ever plan on backpacking, camping equipment is no good on a backpack trip, but backpacking equipment is perfectly fine for a camp out. The lighter the equipment and the less room it takes up, the more it will cost. However, the quality usually is much, much better and you can have it a lifetime if taken care of properly.

NOTE: This list is not intended to be considered the best or only way to pack a bag. As you gain experience you can shift around to suit your own idea.

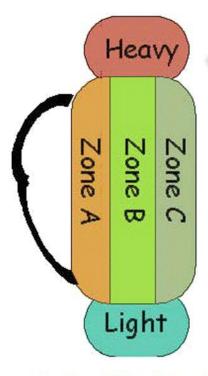
- A FLAP POCKET: Maps, fire permit, notebook, pen, fishing license, identification, guide book.
- B UPPER LEFT POCKET: Canteen, stove fuel, rain gear.
- C UPPER RIGHT POCKET: Plastic bowl, matches, plastic bags, cup, lunch, sun glasses, rubber bands, tablespoon, trail snacks, nylon cord 30 ft., toilet kit: toothbrush & paste, soap, dish cloth, toilet paper.
- D UPPER COMPARTMENT: Cook kit, pot tongs, food, stove, water bag, tent or tarp, ground cloth, sleeping pad, condiment kit: salt, pepper, milk, sugar, coffee or tea (adults only), flavorings.
- E LOWER COMPARTMENT: Cap, underwear, trousers, windbreaker, wool shirt or down jacket, socks, shirts, gloves, swim suit, bandanna, food (if not in D).
- F LOWER LEFT POCKET: Sun screen, lip balm, water purifier, bug repellent, pack & tent repair kit, extra pack pins & rings, needles, thread, buttons, flash light & batteries.
- G LOWER RIGHT POCKET: First aid kit.
- H STUFF SACK: Stuff in your sleeping bag and small pillow. Sleeping pad if not in D.



CARRY ON YOUR PERSON: Compass, pocket knife, Medic Alert bracelet or pendant (if used), waterproof matches.

PACK ITEMS IN SMALL STUFF BAGS: For easy access to your gear, pack all your gear in small stuff bags then pack the backpack. Plastic zip lock bags make excellent small and medium stuff bags especially to keep items dry. Large zip lock bags can be used to pack clothing.

The Zone Method of packing a backpack can make the difference between drudgery and enjoyment during the time spent on the trail. A few simple principles which are often overlooked can make a difference. Technically speaking the body has a center of gravity located directly over the ankles. When standing normally there is very little forward of the body. However, when a pack is placed on the back, the body leans forward to bring the pack's center of gravity directly over the ankles. Consequently, it is advantageous to keep the pack's center of gravity as close to your back as possible to prevent unnecessary forward lean. As a result the following method is recommended to load a backpack. Ribz Wear makes a great front pack, you can carry more gear and the weight is evenly distributed because of it is frontal load bearing vest/pack. For more info visit www.ribzwear.com



### STREAMLINED GUIDELINES FOR PACK SIZE BASED ON TRIP LENGTH

Length of Trip	Pack Capacity in liters
Single Day or overnight (1-2 nights)	20-30
Weekend (2-3 nights)	30-50
Multi-day (2-5 nights)	44-55
Extended (5+ nights)	55+

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ZONE A: This area is the closest to the back and should carry equipment of the greatest density like stoves, tent hardware, water, etc

ZONE B: This middle area should be packed with medium density objects.

ZONE C: The area farthest away from the body's center of gravity should be filled with the lightest equipment.

### HEAVY - HIGHER and LIGHT LOWER

There is also a benefit in placing the densest weight high in the pack as it will be more directly over the center of gravity. A tent should be either distributed in Zone A of the pack or strapped on top. The sleeping bag can be stuffed in the bottom toward Zone C or strapped to the bottom of the pack.



# Food & Water

Pack as much food and water as you can for cooking and eating on your adventure. You can make a campfire or use butane stove for cooking, you will need to bring matches to light the fire or stove, bring cooking utensils that break down to be easily packed. Determine how much food you will need by breaking your trip down into meals. If you are going on a two-day trip, bring enough food for two breakfasts, lunches and dinners, plus protein bars or trail mix. Take nonperishable items such as canned foods and dried foods, Freeze dried food is the lightest. Drinking water is essential. You can bring your own, or use a water filter, treatment tablets or boil to purify water from rivers, lakes and streams. You can get very sick on your trip from drinking contaminated water. Follow all packaging instructions on filters and treatment tablets. Filter then boil steadily for a least a few minutes. Be sure to pack fishing trapping and hunting gear in case you get stuck in a survival situation and have no food left. Pack a survival book with you it will explain proper water procurement, treatment and how to hunt and trap if you have too.

# **Shelter**

Sleeping bag requirements vary from person to person. A person's size and shape are important factors in choosing the right bag, but the person's tolerance to cold and his sleeping style are also important factors in the decision. A roomier bag is preferable for a person who tosses and turns a lot in his sleep while a more confining bag is more suitable for the camper headed to a colder locale.

As for tent size, determine how many people will be sharing the tent and how much gear is being brought along. The same tent can be roomy for a 4 person family with minimal gear yet seem cramped for a 4 person family that brings along "the kitchen sink"! Out of all Your gear sleeping bag and tent will take up the most room.

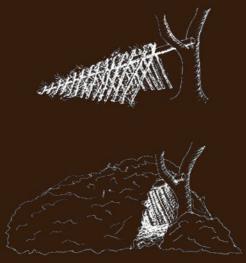
In addition, consider the climate you will be in, the length of time you will be camping, and how frequently you will be changing campsites.



# An emergency tarp shelter will keep you out of the rain. WILDERNESS SURVIVAL GUIDE SURVIVAL GUIDE NEED FOR THE GREAT OUTDOORS NEED FOR THE GREAT OUTDOORS Your survival guide will teach h

JOE O'LEARY

# **Emergency shelters**



Your survival guide will teach how to build a basic shelter for the night.



A lot can go wrong in the wild. A simple day hiking or family camp outing can turn into nightmare and a fight for your survival. Knowing before hand the type dangers you could run into and planning ahead could greatly reduce your risk of serious injury or death. Each geological location presents it own hazard that are unique to its area. Poisons plants, wild animals, snakes, extreme weather conditions. The of course your have your general hazard which could potentially happen anywhere. Getting lost, slips and falls, cuts and bruises, broken bones, sprained ankles etc.

Getting Lost- Don't get lost!

Getting lost could turn out to be one of the biggest threats you could face and opens the door to all other hazards you could face on this list. Be sure to stick to a plan and route. Bring printed maps in case your, GPS gets damaged. Bring a cell phone with a extra battery or power stick so you can recharge it. Bring extra food and be prepared to purify extra water. Bring emergency shelter and sweater in case it get cold at night. Bring extra lighters, matches or a magnesium fire starter for warmth or for signaling. Bring a flashlight and something to mark paths you have already traveled.

# **Accidental injuries**

Despite all the dangers of poisonous plants and animals, predatory animals and weather, the most common injury you are likely to sustain is a sprain. Due to the all the variations in terrain, holes, rocks, sticks and roots to trip over Ankle sprains are the most frequent, but injuries to wrists and knees are also common. You can treat a sprain by remembering the protocol by the acronym RICE. First, you will need to REST the injured limb. The sprained area will likely swell and be painful to use anyway, but forcing yourself to use it through the pain can make the injury worse. Next you'll want to apply cold to the affected area (the I is "ICE"). If you've got a good first aid kit, it should include a cold compress. Usually, you'll need to break the internal contents of the pack to activate it. If you do not have a compress, ice or cold water can work. Avoid applying ice directly to the skin. Cold will help reduce the swelling and numb the pain.

After icing, the next step is COMPRES-SION. Once again, a good first aid kit should include an elastic bandage. Wrap it securely, but not so tight that it cuts off the circulation of blood to the limb. If you do not have an elastic bandage, strips of cloth can be cut from a T-shirt or blanket.

In addition to the elastic wrap, you can also splint the injured area to help limit accidental movement. In the wilderness, a splint can be fashioned from two sturdy sticks. Green branches cut fresh are good because they are less likely to be contaminated with dirt and are less brittle than dried wood.

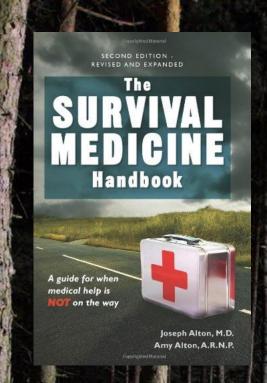
The final step of treatment is ELEVATION. Keeping the injured limb above the heart will reduce swelling. In most cases this means keeping the injured person on their back with the injury resting on something soft.

In addition to RICE, the injured person can be given over the counter pain relievers. Professional medical attention should be sought if the person cannot bear any weight on an injured leg, or if the joint feels unstable or completely numb. Get a professional to look at injuries that become discolored as this can indicate an infection.

# Scrapes, Bruises and Deep Wounds

broken tree limbs or sharp sticks are hazards that litter the landscape. You could severely cut yourself while just walking, falling, sawing or trying to cut down branches for your fire or for shelter. Even minor cuts and scrapes can become infected if not properly cleaned and cared for make sure your have good medical kit, clean and bandage wounds changing the dressing regularly. Deep lacerations are much more serious rapid blood loss and infection can do more then just end your trip.

Assess the severity of your wound will it need stitches or do you need to be evacuated? Stop the Bleeding. Apply direct pressure on the area. Clean out your wound immediately with either hydrogen peroxide, alcohol or iodine Apply an antibiotic ointment to reduce chance of infection. In some people, antibiotic ointments may cause a rash. If this happens, stop using the ointment. Put a sterile bandage on the area a piece of gauze and then tape it to hold the cut together so it will heal, a product called Quick-clot stops bleeding fast. It the wound is real deep you can try stitching yourself up but if that is the case you should seek medical attention immediately. Because of your environment and risk of infection and deep cut or wound is very serious.



Before venturing into the wilderness make sure vou or someone in your group is versed in basic first aid and wound care. Your local red cross certificate provides training in first aid and CPR. Bring along a survival guide that has a detailed chapter on first aid. Check out the Survival Medical Handbook by Nurse Amy.

If you have to stitch your wound

First thing to do is clean out the wound. Doctors say to flush it out with clean water for at least 3 minutes. If you have a first aid kit, use some iodine to help clean it out.

Next, take a needle and hold it over a flame. Thread the needle with whatever you can use. Fishing line would be great here.

Take your needle and begin sewing as far away from the cut as the wound is deep. Cut it off and tie a knot every 1/4 inch.

Now, bandage and wrap the wound with tape. If you're camping for the next few days after vou've been cut, make sure to clean and re-wrap the wound every day. Otherwise you risk infection and possibly gangrene.



# Insect bites and ticks

How to Treat Insect Bites

If an insect has bitten you, wash the bite with soap and water. Put on some calamine lotion or cool compresses to help with the itching or you can use an anti-itch cream such as Benadryl ® or hydrocortisone. Try not to scratch the bites too much, because this can cause an infection.

# How to Avoid Getting Bitten

The best way to avoid getting bitten by chiggers or mosquitoes is to wear an insect repellent. Apply one that contains less than 10% DEET. When possible wear long sleeves and long pants.

# **Insect Stings**

Bees, wasps, and hornets sting when upset. If any one of these insects stings a person, the sting will feel a lot like a shot. The site of the sting will feel hot, and it may itch. A red bump surrounded by white skin will develop around the sting.

# **How to Avoid Getting Stung**

The best way to prevent getting stung by bees is to avoid places where they spend time, like gardens. Dress in long pants and lightweight, long sleeved shirts. Also, avoid wearing sweet-smelling perfume. Furthermore, avoid wearing bright-colored clothing or clothing with flowery prints.

# **How to Treat the Sting**

A bee will leave behind a stinger attached to a venom sac. Don't try to pull it out, which may release more venom. Instead gently scrape it out with a blunt-edged object, such as a credit card. Wash the area carefully with soap and water two to three times a day until the skin is healed. Apply a cold pack wrapped in a cloth for a few minutes and then apply a paste of baking soda and water and leave it on for 15 to 20 minutes. You can take acetaminophen (Tylenol®) for pain. For itching you can take an over-the-counter antihistamine making sure to follow directions for your child's age and weight. You should talk to your physician before using an antihistamine if your child is under the age of six. If your physician decides that a bee sting is very swollen and itchy, they may give a medicine that controls the swelling and relieves the itching. If a person had an allergic reaction to a bee sting, it is necessary to immediately have

a shot that stops the reaction. People who know that they are allergic to bee stings should carry emergency medicines to treat a severe reaction.



### Ticks

A tick will latch onto an area of bare skin, usually in a place where you won't notice right away, and feeds on your blood. The bite itself is painless. If a tick has been attached for a long time you could develop Lyme disease. Some symptoms of the disease are unpleasant. You might begin

to feel tired and achy all over, just the same way you might feel if you had the flu. You will likely develop a rash that will start out as a small red dot and then will spread out to be larger than a quarter. It usually looks just like a bull's eye with a ring around a central red circle. If you have Lyme disease your physician will have to prescribe an antibiotic to ensure the infection is properly treated.

# How to Prevent Lyme disease

It is important to do a nightly check after you have been in a grassy or wooded area. If ticks are removed every day, they will not have enough time to spread to Lyme disease. Have someone help you carefully search your body for ticks before you bathe or shower. Don't forget to check areas such as your armpits and behind your ears, arms, groin, belly button, and behind your knees. Also, remember to check your head. If you find a tick, the best way to remove it is with a pair of tweezers. You need to pull firmly, but as close to your skin as possible. Finally, swabbing the bite with alcohol. Don't use petroleum jelly or a lit match to kill a tick.

# **Snake Bites**

Deaths from snakebites are rare. More than one-half of the snakebite victims have little or no poisoning, and only about one-quarter develop serious systemic poisoning. Some Snake bites can kill or cost you a limb, research what snakes are common to the area you are exploring you don't want walk into a snake den ask a park ranger if there are area you should stay away from. Wear appropriate clothing. Nearly all snakebites occur on the ankles, hands and lower parts of the legs so covering up these areas will significantly reduce the possibility that a snake's venom will enter your bloodstream. A good pair of jeans will make it less possible to penetrate the skin. Wear closed in shoes not Birkenstocks style sandals. Be vigilant watch where you are walking and when collecting firewood. It's a good idea to wear a long sleeved shirt and gloves, as snakes often hide under leaf litter and logs. If collecting wood at night, you always carry a torch to ensure you can see where your putting your hands and that the stick your picking up is really a stick. Check your sleeping bags and boots

# If you get bitten

Call for help immediately. Get to a hospital as soon as possible. Time is of the essence when you've been bitten by a snake. In the event you are several hours away from the nearest hospital, stay standing (to slow blood flow), stay hydrated, stay calm This sounds trite, but it may save your life. By becoming excited, your heart beats faster and you increase the flow of blood to the affected area and increase the amount of toxin able to find its way into your tissues.

You may start to feel dizzy, sweat, breathe shallowly, and your blood pressure may drop. These can be either or signs of the venom or shock. These signs are just as dangerous. do your best to stay calm.

A venomous snake can cause severe tissue damage and in some instances death, so be sure to go to the hospital as soon as possible after being bitten. Never drive yourself unless there is absolutely no other method for getting help, as you can easily lose consciousness while driving and end up in a much worse scenario than just a bite.

Before you start treating a snakebite, determine whether the snake was poisonous or nonpoisonous. Take a picture of the snake with your cell phone camera.

Restrict movement and keep the affected area at or below heart level to reduce the flow of venom.

Remove any constricting items and tight clothing as the affected area may swell.

Allow the bite to bleed freely for 15 – 30 seconds before cleansing. Clean the wound, but don't flush with water. Cover it with a clean, dry dressing.

Create a loose splint to help restrict movement of the affected area.

Monitor the person's vital signs – temperature, pulse, breathing rate, and blood pressure. Also be aware of paleness.

Watch for any signs of shock (sweating, clammy skin, or shallow breathing) since the fear of having been bitten is often more dangerous than the bite itself.

Attempt to identify the snake and its appearance or, only if it can be done safely, bring in the dead snake. Do not waste time hunting for the snake, and do not risk another bite if it is not easy to kill the snake. Even after it has been killed, be very careful transporting the snake as it can still bite for several hours after dying. Amazingly enough, snakes have been reported to bite humans even after being decapitated.

If you think the snake is highly venous use a emergency snake bit kit and follow the directions.



# POISONOUS SNAKES and their look-alikes

# NON-POISONOUS SPECIES

POISONOUS SPECIES

ILLUSTRATED BY DUANE RAVER

BLACK PHASE

EASTERN MILK SNAKE

TIMBER RATTLESNAKE

YELLOW

COASTAL PLAIN MILK SNAKE

SCARLET KING SNAKE

CANEBRAKE RATTLESNAKE

SCARLET SNAKE

ADULT

BROWN WATER SNAKE

YOUNG

COTTONMOUTH

NORTHERN WATER SNAKE

ADUL

COPPERHEAD

EASTERN HOGNOSED SNAKE

# Wild Animals

Educate yourself on what animals live in the area you are camping or hiking in. Clean up after you eat. Try not attract any animals to your campsite. Carry a large walking stick with a sharp end.

# Cougars

For the love of everything good and pure, DO NOT APPROACH the cougar. This is even more important if it has kittens around, or is feeding. Give the animal a way to escape, as most are not going to attack you the minute you come into view.

Back away slowly. Maintain eye contact, and refrain from running away. This can spark the cougar's hunting instinct, and it will chase you. Not good.

Talk in a firm, calm voice.

Make yourself appear larger. This has become a bit of a punch line when dealing with cougars, but it works. Put your coat over your head or anything else you can do to seem larger than you are. You want to convince the cat that you are a potential threat instead of potential dinner.

Throw stones, branches, or anything else you can pick up if the cougar behaves aggressively or starts coming towards you. However, it is important not to crouch down or turn your back to pick up rocks or other objects. Talk slowly and firmly while waving your arms about.

Fight the animal if it attacks you. Try to remain standing at all times. Many who have encountered cougars say they were able to successfully fend off the beast using rocks, sticks, garden tools, coats, and other makeshift weapons. Cougars often give up if their "prey" is aggressive.

### **Bear Attacks**

Black bears, brown bears, grizzly bears...while you probably won't encounter any polar bears or panda bears, it is still possible to find yourself near one of the others while camping, hiking, and otherwise spending time in the wilderness.

Stand still and talk to the bear in a calm voice. Watch the bear's reaction. If the bear is making a lot of noise, i.e. stamping its paws, popping its jaw, or huffing, it's saying, "Please give me space by leaving this area."

Raise your arms and otherwise make yourself look as big as possible while backing away and speaking calmly to the bear. Your tone should be firm but non-threatening.

Drop any food you have if the bear approaches you. Continue to back away.

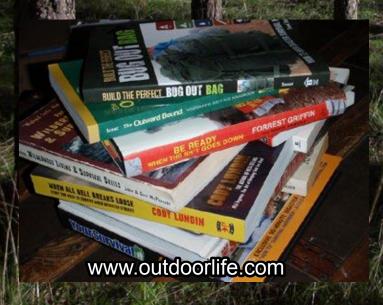
Become more aggressive if the bear continues to walk towards you. Throw rocks, sticks, and anything else that will work. Yell and holler at the bear. Wave your arms and use a whistle or an air horn if you have one on you. Bear Attacks are rare but can easily be fatal.

Continue to be aggressive if the bear has not stopped walking towards you. Do not run or climb a tree. The bear is faster and a better climber than you.

Fight back if the bear starts to attack. Use any viable weapon you can to get the animal to back off. If you have bear pepper spray, use this as well. (Source: When animals attack- Kent Page McGroarty)

There is such much information to learn about wilderness survival to cover in one article. Purchase a detailed Wilderness survival guide from a qualified expert.

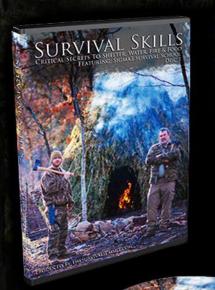
Click here for the 15 best survival books ever written



# Whats in your wilderness survival pack?



www.facebook.com/SurvivalFirst
Survival First Wilderness Survival School





# Survival Skills DVD

In this 2-Disc set, you'll discover the critical secrets and subtle nuances behind how to properly start a fire using a bow drill, how to build a primitive shelter with little or no tools that'll keep you warmer than a modern tent can. You'll also learn how to build warm weather shelters, filter water primitively, procure your own food, and much, much more! Many of the skills are shown primitively with no tools, or semi primitively with minimal tools.

Click here for more info





Severe weather can happen anywhere at anytime. While global warming and extreme weather events are becoming more common their exact cause is still till being hotly debated. Whether the severity of events are increasing or if it is just cyclical in nature, one thing is for sure and that is extreme weather has been with us since the beginning and it always will. Many large scale disasters are related to extreme weather or geological events. It is hurricane season and with that also bring tornadoes sever flooding, landslides, and dangerous lighting that can spark wildfires.

# **Know your Risk**

Understand the type of hazardous weather that affects you and your family where you live:

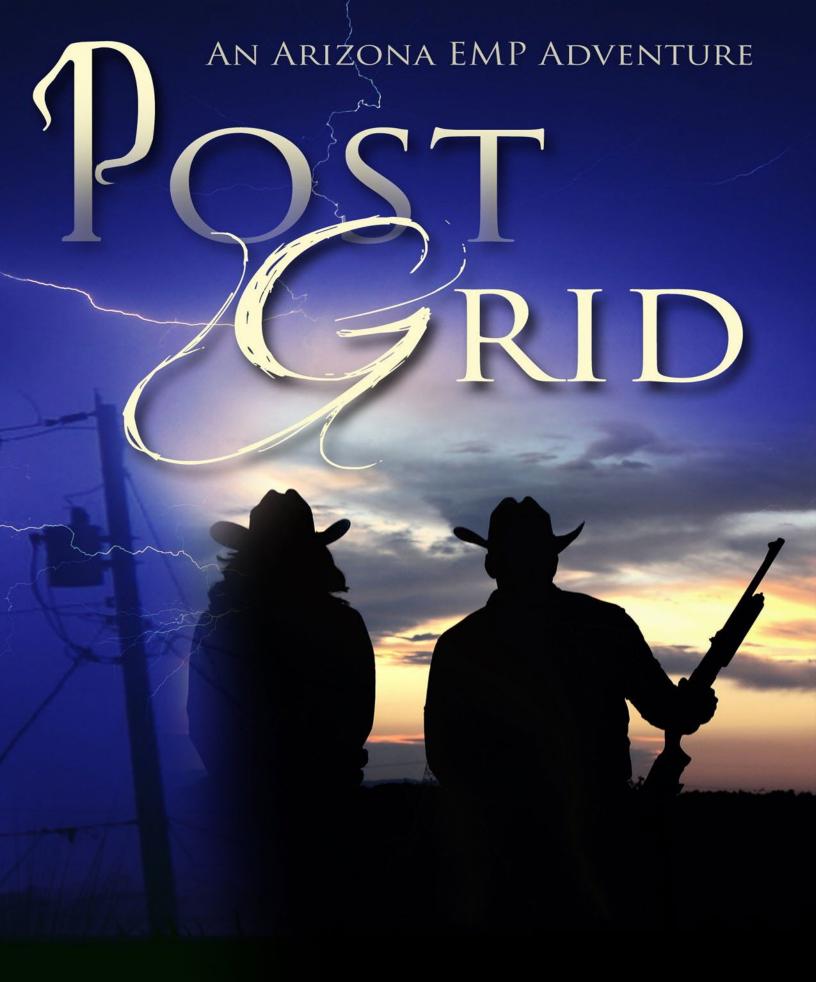
Hurricanes Tornadoes Floods Thunderstorms & Lightning

# **Take Action**

Develop an emergency plan based on your local weather hazards and practice your plan.

Make a family emergency plan Be informed about emergency alerts for more info visit ready.gov

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family emergency plan, are the same for all types of hazards. However each emergency is unique and knowing the actions to take for each threat will impact the specific decisions and preparations you make. By learning about these specific threats, you are preparing yourself to react in real emergency.



Nancy and Tony Martineau

# **Foreword**

An EMP, or electromagnetic pulse, is an energy wave that can destroy electronic systems and components by instantaneously bombarding the earth's surface with thousands of volts of electricity. This can be a natural occurrence, e.g., a coronal mass ejection (CME), or it can be caused by the detonation of a nuclear device. A nuclear bomb's size and the altitude at which it is detonated determine how widespread its electrical grid-killing effects are.

Please take this book for what it is: a work of fiction. Even the top scientists disagree about the actual magnitude of destruction by nuclear devices detonated in the atmosphere. The military has chosen to harden its planes, radios and other vehicles to EMP, so for the purpose of this book, we will assume there is a threat.

We, the authors, consider ourselves more knowledgeable than most about survival, but still don't believe we could survive the scenario put forward in this work. We live in a desert with four million other people, totally dependent on the infrastructure for anything more than short-term water.

Special thanks to our tireless beta readers, copy editor, blocker, graphic designer and family, without whom this work would have suffered.

# Chapter 1

Kelly - Day 0

The fluorescent lights flared and their ballasts popped, emitting the tiniest bit of acrid smoke at each end. Then the fixtures went dark. Static burst from equipment speakers. Explosions boomed from the parking lot. All of the electronics in the room wound down like a washing machine at the end of its spin cycle.

Nurse Kelly rushed to the window and parted the heavily-lined drapes enough to peer out. Liquid fire dripped from the transformers, igniting their poles and making small pools of flame around their bases. She pressed an open hand against her chest as if to suppress a deep gasp, held it there for a few seconds, and then lowered it casually to her side. She turned slowly back to the others in the room. They looked at her with questioning gazes. Because she remained outwardly calm, so did they.

"It must be some kind of power surge," Kelly announced to the laboring mother, whose wisps of sweaty hair framed her face, and to the anxious, portly father standing at his wife's bedside.

A red-haired obstetrician sat at the business end of a delivery bed, nestled between a pair of metal stirrups that were supporting her patient's legs in a most immodest position. Kelly could feel the blood pumping in the arteries on either side of her neck. Remain calm, she reminded herself. It's just a power surge. There was no bomb, no gunfire. This isn't a war zone; you're a labor and delivery nurse in a civilian hospital now. She stood straight, tucked a hairpin neatly back into her bun and ran her hands quickly down the front of her crisp, navy blue scrub uniform. In her best ex-Navy lieutenant's voice she said, "No problem here, we're just glad it's daylight." She peeled open the curtains a foot or so. The blinding Arizona sun made a shifting rhomboid across the linoleum floor, illuminating the hospital room and all four people in it. Everyone squinted reflexively.

Kelly walked swiftly to the head of her patient's bed, took the fetal monitor and IV pump cords from their regular power outlets and plugged them into the red emergency outlets. She stood, frozen, waiting for the hospital generators to fire up. No generators. Odd, she thought. Where are the generators and why didn't these other machines go to battery backup?

The laboring mother began to vocalize. It was a long, low, guttural groan, the kind emitted by women giving birth without medication. The pain consumed her, making her oblivious to the outside world. With no time to assess the power situation further, Kelly stepped to her patient's side. She rested one hand lightly on the mother's

whose wisps of sweaty hair framed her face, and to the anxious, portly father standing at his wife's bedside. A red-haired obstetrician sat at the business end of a delivery bed, nestled between a pair of metal stirrups that were supporting her patient's legs in a most immodest position. Kelly could feel the blood pumping in the arteries on either side of her neck. Remain calm, she reminded herself. It's just a power surge. There was no bomb, no gunfire. This isn't a war zone; you're a labor and delivery nurse in a civilian hospital now. She stood straight, tucked a hairpin neatly back into her bun and ran her hands quickly down the front of her crisp, navy blue scrub uniform. In her best ex-Navy lieutenant's voice she said, "No problem here, we're just glad it's daylight." She peeled open the curtains a foot or so. The blinding Arizona sun made a shifting rhomboid across the linoleum floor, illuminating the hospital room and all four people in it. Everyone squinted reflexively.

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The OB was preoccupied. She directed in a quiet but persuasive tone, "Push," and then began to count. "One, two, three, four..." Kelly knew that nothing, not even a power outage, would quell Mother Nature's persistent urgings to expel a new life.

"I need some extra hands down here. This baby is coming out with a nuchal cord," said the obstetrician, speaking deliberately in medicalese and in a hushed tone. Kelly's brain instantly translated the words to a cord wrapped around the neck. She felt the beat of her heart in her ears.

"Cindy, look at me," said Kelly to her patient. "Breathe like this." She demonstrated, blowing small puffs of air through her pursed lips. "Don't push, keep your face relaxed. Just keep breathing. Jim, help her do that." Kelly directed the father by taking his shoulders and pushing him gently into his wife's face. "You're both doing a great job. Just keep breathing."

With one hand Kelly reached for the call light to summon more staff; the other reached for gloves from the holder mounted on the wall. The blue LED above the call light failed to glow. She donned her gloves and moved to the foot of the bed to help the doctor. The smell of amniotic fluid and blood assaulted her nostrils.

Dr. Williams demanded the patient's attention. "Cindy, give us a gentle push with your next contraction. Nothing crazy, just push your baby out gently." The doctor, falling back on a nervous habit, unconsciously bit her lower lip. She kept it trapped there as she concentrated.

Cindy moaned but it came out like a growl, air and sound forced between her clenched teeth. She was pushing the baby forward but then holding back, thwarted because of the pain.

"The baby's head is almost out." The doctor held pressure against it to keep the rest of the body from emerging precipitously and tightening the sinuous cord. Kelly quickly gloved. It would take both women, doctor and nurse, to free the child. Dr. Williams supported the fetus while Kelly tried to work her gloved finger between the mother's body and the pulsating cord. Another attempt yielded slightly better results, but it took another whole minute before Kelly could tug enough cord free to lever it over the baby's head.

"Push now, Cindy," demanded the doctor. The mother pushed, her face scarlet, breath held. Four hands finished guiding the new life into the world, narrowly avoiding the infant's strangulation. The baby, blue and bloody, lay limp in the doctor's arms. Both caregivers instinctively began to rub the child with the blanket to encourage it to breathe.

Don't you die on me, Kelly thought, I've seen enough death in my first twenty-seven years to last me a lifetime. After a long minute with no response, Kelly reached for an ambu bag, a device to inflate the baby's lungs. She fit the face mask over the baby's mouth and nose and then gave the device a few little squeezes, causing the child's chest to rise and fall.

Suddenly the baby began to breathe, filling its own lungs with cool air. It let out a hearty cry and the mother burst into tears of joy.

The whole room let out a collective sigh of relief.

Kelly's eyes glistened with tears, as they did every time a new life emerged into this world vigorous and beautiful. "It's a boy!" she sang out. "Congratulations! Wow, what lungs!"

"Take the baby," Dr. Williams directed as she wrapped the infant in a blanket and handed him off to Kelly. She secured two cord clamps about three inches apart and sliced between them with a pair of scissors, freeing the child from its mother.

"Here, Daddy, I believe this is yours," Kelly beamed, handing the infant to him.

The proud father walked from the foot of the bed to the head, delivering the child into its mother's outstretched arms.

BOOM! The building shook so violently Kelly was knocked from her feet. The earth rolled and a low grumble reverberated through the reinforced concrete floor and ceiling. The glass in the windows shattered, making a sound like a hundred Mason jars being spilled from the ceiling onto the concrete floor. The heavy curtains blew inward and then flapped unrestrained as hot air filled the room. Dust sifted down from the joints of the suspended ceiling.

Kelly jumped up and threw her body over the mother and tiny infant, clinging to the hospital bed's side rail. She quickly regained her composure and tried to assess the entirety of her skin for pain or injuries. She felt no piercings or coolness that might suggest blood. A quick appraisal of the room told her that, although visibly shaken, everyone appeared to be uninjured. The glass from the window had not been propelled violently inward. Kelly knew from experience that the explosion must have been from the opposite side of the building.

She had had enough of whatever was going on. For the first time since the war, she allowed herself to shift back into a soldier. She wasn't going to recoil from an attack. Her military training kicked in. Jaw set, she looked the doctor in the eyes, then bolted for the door.

"Where are you going?" shouted the doctor.

"There are other patients that need me now. You've got these two."

Kelly slipped through the room's door into the darkened hallway, where chaos reigned. Patients, visitors, doctors and nurses all ran for the exits. The exit sign failed to glow red over the door to the stairwell.

"What the...?" She boomed in a voice fit for a drill instructor, "Cathy, Bridget, search the floor!" Kelly directed the two nurses she could identify in the dark. "See if anyone's hurt."

Both nurses stood, looking stunned. They glanced at each other, then stared back at her.

"We were going to help these people out," Bridget said, motioning towards the people in view.

"No, they can fend for themselves. Get the immobile ones out."

"How?" Cathy shouted over the confusion. The elevators are broken."

"Bridget, get them into wheelchairs if you can and have visitors push them. Find more people to help you. You may have to cradle some in sheets and have people carry them down the stairs. Cathy, have the nursery nurse get all of the babies out to their mothers. Do it now!"

The nurses' eyes grew large, but they changed direction and headed back onto the ward.

Kelly ran toward the patient rooms on what she thought was the blast side—the west side. She came to the first door and placed her palm on it, checking for heat. Feeling that it was cold, she entered. A tremendous wind, coming from the broken window, blew in her face. Black smoke roiled in the sky ahead of her. The window's frame was intact, but shattered safety glass was spread across the floor. Acrid smoke burned her throat and lungs. Her eyes swept back and forth for victims, but the room was empty.

She took a deep breath and forced herself to cross the room. It wasn't only the height of her third-story perch that daunted her, but what she might see outside.

Kelly reached out a trembling hand and let it glide along the wall, walking tentatively until she got to the window's frame. She took a deep breath then strained her neck to look outside, seeking the source of the smoke. It was then she made out a crashed jet liner. The huge plane's tail jutted into the sky like a monument, engulfed in smoke and flame. The last third of the hospital's south wing was consumed as well. Black plumes of smoke dotted the distance between the hospital and Sky Harbor International Airport, indicating there were more downed aircraft.

"Holy crap, how many planes?" thought Kelly out loud, startling herself with the utterance. A single tear left her

eye and traveled down her perfectly made-up face. Violence had followed her home.

Kelly turned to continue her search in the all-business, autopilot mode she had been trained to engage during harrowing situations. Everyone in her unit used to say she was the coolest head in the bunch, their rock under pressure. Only Kelly knew that she became a quaking bowl of jelly when the terror was over. She suspected others did too.

There were more nurses and families in the hallway when Kelly returned to it. "A plane's crashed into the hospital, we're on fire! Search all the rooms," Kelly shouted, motioning with her hands toward the rooms. "We have to get everyone out, fast!"

Just then, the fire doors on the south end of the hallway opened. Two male nurses each pulled a patient behind them in sheets, sled style, across the slick linoleum floor. Heavy smoke followed them through the door. The first nurse, Jim, made eye contact with Kelly.

"Heavy fire on the end of our unit and the power's out," he said breathlessly. "Close those doors when you get through," he yelled at Mark, the other nurse.

"Elevators are out," shouted Kelly. "You'll have to take them down the stairs, one at a time."

"We've lost some patients already," said Mark. "The explosion took out the last four rooms or so on both sides of the hall and a few of our nurses are missing." His words were rapid and panicked.

Kelly took a deep breath and held it, then let it out slowly. "How many patients do you have left alive?"

"Ten, but realistically, four or five might survive. We'll never get 'em all out, it's ICU down there. Most won't live through the move," Jim answered, still pulling his patient down the hall toward the stairwell.

"How many do we have on OB?" Kelly asked Bridget holding her by the forearm. She and Cathy had returned from their assigned tasks.

"We only have three post-ops, and one of those can get down the stairs by herself, so three. Oh, and one laboring," Bridget added, "but she can still walk."

"Have the two ambulatories go, as best they can."

"They already have."

"Good. Are all of the other fathers here?" Kelly asked.

"All but one," Bridget reported.

"Cathy, you direct the fathers to evacuate their wives, give what support you can. Bridget, you and I'll take the freshest post-op. Put a big sheet under her in a wheelchair and bring her other sheet too. Meet back here. Go." "Okay." Bridget and Cathy took off down the hallway.

Kelly pulled her purse from under the counter at the nurse's station and grabbed her car key on its lanyard. She put it around her neck, then slipped her wallet and cell phone into her pocket.

"I've got her," Bridget announced, as she emerged from a nearby room, pushing a young woman in a wheelchair. Kelly grabbed the second sheet from the patient's lap and ripped a three foot section from one end.

"Lift your arm," Kelly directed the mother. "I'm going to tie your baby to you. We'll be as gentle as we can, but getting you out of here may be a little rough. Let us know if you're hurting." The patient just sobbed.

The fabric made a big loop around the patient's back and under one arm. The mother clutched her newborn to her chest as Kelly adjusted the makeshift sling, then snugged the knot.

"That should hold him. Let's go." Kelly looked Bridget in the eyes, then steered the wheelchair toward the main stairwell, ultimately headed for the ER on the first floor and outside.

As they rounded the corner, people were streaming from the stairwell fire doors. With the doors held open, Kelly could see into the seven-story stairwell. Blades of sunlight filtered through huge cracks in the masonry walls, illuminating the thick smoke that swirled in the air.

"What's going on?" Kelly shouted into the throng.

"Stairwell's full. I don't think they're getting out downstairs," an old man said.

Just then, an out-of-breath nurse came bounding through the door, sweat dripping from his face. "Don't come down," his voice boomed, directed at everyone. "The doors are jammed."

"What do you mean jammed?" Kelly cried, noticing his nametag said Ryan.

"Just what I said!" Ryan retorted irritably. "There's dozens of people down there, but the doors on One and Two aren't budging. Stairwell's warped. The door opens inward, and we can't get enough pull."

As she crawled after Ryan, blood ran down one arm, both hands making sanguine handprints on the linoleum tiles. Her lanyard allowed her car key to scrape along the floor as she went. Crawling battered her knees, but it got her to their next destination: another door. They went out into the surgery's clinical hallway. Darkness crowded around them as the door to the reception area inched closed.

Bruised and bloodied, Kelly groped along the baseboards until her eyes adjusted. She could see Ryan crawling ahead of her, and then a faint slit of light appeared low to the ground ahead of him.

"There are no windows in the surgery suites. Is that sunlight?" Kelly asked.

Suddenly her hand did not find baseboard to her left. Her fingers rammed into something; a rolling cart, she guessed. There were alcoves in the hallways for supply and linen carts, to keep them out of the way. She trailed her hand along the plastic cover, another six feet, then found the baseboard again.

It wasn't long until she and Ryan were at the thin strip of light along the floor. Smoke was being sucked out under the door.

Knees aching and her arm throbbing, Kelly reached up and pressed on the door's latching bar. It gave easily. "All of these doors let you out, just not in. This must be out," Ryan said.

"If this is another dead end, we might need to get back in here. Don't let it close," Kelly directed. She emerged into a third-story hallway with floor-to-ceiling windows, now shattered. Pieces of glass littered the floor. The smoke was heavier outside the building than in, and curled in through the gaping holes in the glass. Day was rendered twilight.

Kelly crossed the hallway, dropped to her knees in front of a hole in the glass, and peered down into the cafeteria courtyard. Air streamed in around her sweaty body, cooling her and offering renewed hope.

She leaned out to inspect the structure below. Panic filled her again. More broken glass, Ugh!

Kelly crawled back to where Ryan sat, holding the door open. "We can get out, but it's a long way down."

"What do we do?" asked Ryan.

"I learned rappelling in the Navy."

"We don't have any rope. What about a fire hose?"

"Not long enough, and I don't think I could keep a grip on that. Sheets!"

Kelly pushed Ryan aside, scrambling back into the darkened hallway. "I'll be right back."

"Where you going?"

"Right back," Kelly repeated. "I'm getting sheets."

Ryan let out a sigh. "You have one minute!"

Standing was out of the question; the smoke was too thick. Kelly bent at the waist, eyes watering with each step. The coughing became constant as she made her way back to the alcove. She unzipped and threw up the plastic cover. It held supplies. The one next to it held sheets, pillowcases, blankets and towels.

How many? Not waiting to run a mathematical calculation in her head, she grabbed a tall stack of sheets that towered from her waist to her chin, and started in the direction of the outside hallway. Her air was running out. She bent forward as far as she could, still running. Some sheets from the top of her stack fell to the floor. She started to bend even further to pick them up. You can come back for them if you need them, a panicked voice said from inside her head. Get out!

She pushed past Ryan, coughing and gagging. "We can't go back that way," she said.

Ryan pulled a sheet from her hands and stuffed it into the doorway, keeping the door from latching shut.

"I like to keep my options open," he said.

Next thing she knew, they were both sitting in a pile of sheets in front of the broken glass, hands struggling to tie the large sheets end-to-end.

"Too bulky, we need strips."

Ryan grasped a sewn hem and tried to rip it. Kelly watched him struggle, then had an idea. She made a quick scan of the hall, what she could see of it through the smoke, then looked down. Her car key hung around her neck. She flipped the metal emergency key up and out of its fob and raked it against the sewn hem. It took two or three passes, but finally, a slit was made.

"How many strips do we need?" Kelly asked.

"Let's see... six feet in sheet length times three—no, make it four sections—should be one story's worth of rope."

"What did that take? Fifteen minutes? I hope this holds," Kelly said, more to herself than to anyone else.

The tall windows were about four feet across. They had a three-foot-tall pane at the bottom and an eight-foot-tall pane at the top. The two panes were divided by a midrail. Kelly picked a section where both the top and bottom panes had been shattered.

Ryan kicked the remaining glass pieces from the frame, then tied the end of the rope to the window's midrail as close to the brick building as he could.

"Try to keep at least one foot on the bricks. The windows below you probably aren't in any better shape than these," Ryan said. "If they're cracked, they'll give way when you touch them."

Kelly inspected the tie-off knot and gave it a few hearty tugs. No give—good. She positioned a sheet over the rail to try to protect her rope from the window's frame and glass shards. The ground was a long way down, but it looked like the rope fell to within a foot or two of the gravel. Kelly ripped two more four-inch strips from the remaining sheet and made a few loops around her hands to protect them from rope burn, then sidled up to the window.

"Wow, except for training, I never rappelled once in the Navy. Thank God I learned." Kelly said, glancing at Ryan and then looking down.

"You have one on me," said Ryan. I've never done it. Don't you need a fancy harness or something?" She stood, put the rope between her legs, brought it around her right hip, up and over her left shoulder, then back down so that her right hand could hold it snugly.

"This this a Dulfersitz rappel; I learned it in my ROTC confidence course."

"You sure you've got this?" Ryan asked, as much fear in his eyes as she imagined she had in hers.

"I've got it," said Kelly. I've got this, I've got this, I've got this, she repeated over and over in her head. Tentatively, she put one leg out over the window rail. She snugged the rope against her body, then straddled the rail. For just a moment, she shut her eyes so tightly that her cheeks hurt.

"Just walk down the building, walk slowly down the building," she said to herself, out loud.

Putting her second leg out, the bottom frame separated under her weight.

Ryan grabbed her by her upper arm, the one that wasn't bleeding, and steadied her as she pivoted. He yanked her instinctively, digging his fingers into her flesh. "Whoa there," he muttered.

Thud, her chest and shoulder hit the rail. Momentarily stunned, she held onto the rope and waited for the swinging and pain to subside. At last her body was still, her nose nestled against the soft, white sheet. From this position it was difficult to maneuver, but after a minute or so she succeeded in getting her legs and torso into a ninety-degree angle. The descent was slow going. At any minute, she feared she could lose her footing again. If that happened, she would be torn to bits by jagged glass.

Ryan peered down from above and called, "Slow, girl, take it nice and steady." Kelly did not look up or down; she concentrated on her feet and kept walking. She controlled her rappelling sling by extending and retracting her right hand. This tightened and loosened the harness and allowed her to wriggle down the rope. The knots were stiff and occasionally caused pain when they scraped along her body.

Suddenly Kelly's right hand lost hold of the rope; she had come to the rope's end and it had slipped through her grasp. A searing scream escaped her lips as she fell. The end of the last sheet struck her in the face as it passed by. A tremendous jolt went up through her legs and into her hips when she hit the ground, but she remained standing. She looked up. The fall had been about five feet.

"You alright down there?" came Ryan's voice.

"I think so. You next."

"Oh, no... I'm fifty pounds heavier than you and have never even touched a rope. I'll meet you at the stairs."

"You can't!" Kelly called up, but Ryan's face had already disappeared from the window.

Kelly took off in a dead run for the cafeteria doors. They were unlocked; her first stroke of luck all day. It was only a minute or two more to the emergency department, then the stairwell. From the cafeteria doorway she could still see a few people rushing out of the building. The screaming and confusion had stopped; all that was left was the sound of coughing and shuffling footsteps. What was it, twenty, thirty, forty minutes after the crash? Kelly had lost all sense of time.

Come on! You alright?" One man put out his hands to help her into the hallway, but upon seeing the blood caked on her arm, just held the door for her.

Kelly seized the man by both shoulders. "Help us, the stairwell is blocked. The whole south wing is trapped!" He looked at her quizzically, trying to comprehend what she was saying.

A male nurse came toward them, pushing a gurney. Kelly grabbed the bed by the end, impeding its progress, and looked the nurse pushing it right in the eyes. "The south wing is trapped!" she said frantically, reading his name tag. Nathan, RN.

"What are you talking about?"

"The stairs on the far south end are destroyed and the inner stairwell door is jammed. That way," she said, pointing behind him.

Both men, the door-holder and Nathan, followed Kelly down the hallway. As they got closer, banging emanated from behind the doors, but no voices could be discerned.

"Couldn't anyone hear that?" Kelly asked in an irritated tone.

"We've been a little busy down here," Nathan answered.

"We've gotta get 'em out. We'll need a ram of some kind," Kelly announced. She pounded on the door with her fists and shouted, "We're coming, stand back, get back!" The impacts caused flashes of blinding pain to radiate through her tired arms and shoulders.

"We'll use this gurney, maybe we can force it open," said Nathan.

"The banging's quit, they must have heard us," Kelly said, looking at door-holder man.

He took Kelly's bleeding arm and said, "I'm Dr. Cho. Let me have a look at that arm."

Kelly yanked her arm away from him. "Not now, later." It was then she noticed his hospital name badge hanging from his belt. "I'm sorry, Doctor, but we need to get these people out first," she said with a weak attempt at a smile.

Nathan had positioned the cart about six feet from the door, then everyone gathered at the head end and gave a great shove.

The plastic bumpers on the gurney shattered and fell into pieces on the floor. The fire door had a big dent and paint was scraped off where the gurney had made impact. The door had moved a mere inch, but it did move. Smoke briefly puffed through the opening, but was immediately drawn back. Air whistled as it was sucked up what was now a chimney.

Kelly leaned toward the opening and shouted, "We're coming!"

"Get back," Nathan shouted at Kelly, motioning her away from the door frame.

The men took another run at the door and it was displaced another inch. It took about six or seven rams; Kelly had lost count by the time it was open wide enough for her to get through.

She squeezed in, then looked back and called, "We need a bigger opening, big enough for wheelchairs." Then she disappeared into the smoky darkness. She turned the corner and was besieged by people.

"We thought you'd been killed," said Bridgette, yelling from half a flight up.

"Long story."

"Very long by the look of it," said Jim. She hadn't recognized the ICU nurse from before. He glanced down at her bloodied, battered form, hair falling from her once-neat bun. "We have crews ready to carry the invalids and they're all staged, ready to go, on the first floor."

Just then the door below them came loose. It slammed into the block wall, completely open.

"Let's go!" said Kelly, tugging on Greg's shirt sleeve, but Greg turned and headed up the stairs, against the throng. "I'll keep things moving up there," he said.

Staff and patients flooded down the stairs, pushing Kelly along with them, flowing out into the emergency department and toward the sunlight of the doors that led out into the ambulance parking area.

"Kelly! Kelly, over here." Kelly heard the nursing supervisor calling and beckoning from the nurses' station. She made her way in that direction.

"Are you alright? Your arm."

Kelly put her hands on her knees and bent forward, still breathing heavily. She coughed repeatedly and said, "It's okay, a flesh wound, I think. The bleeding has slowed, if not stopped."

"Can you run?"

"Yes, I think so, why?" Kelly asked.

"We need you to run to the fire department—I'm assuming you ran in the military. We need an army, and fast. We've gotta get as many of these patients outta here as we can. The fire is taking the south wing and moving toward the north one."

Kelly looked up from her bent position, squinting against the sun, and asked, "What do you mean?" "All the phones are out, even cells. We can't find even one car or truck that will start. There hasn't been a single siren."

Terror struck at her heart. What did all of this mean? Who had done this?

"If you think you can make it downtown on foot, the front hospital entrance is still clear, you can go that way." Kelly didn't answer, but dashed down the hall past the ER medication room. An IV pole lay on the floor in a pool of shattered glass from the room's broken security window. Mike, an ER nurse she recognized, dodged out of her way at the last second, his vision impeded by the huge box of medicines that partially covered his face. "Bring what you can carry," Mike urged.

"I'm going to the fire department to get help," Kelly shouted down the hallway after the swiftly-moving figure. Mike turned back and called, "Take stuff you think you might need. There are likely people who will need your help out there, and this place won't be here long." He continued down the corridor, not waiting for a response or looking back.

Mike's pry bar had left the medicine-dispensing machine unrecognizable. Its drawers hung open, displaying their contents. Kelly threw medications into a patient's belongings bag. She chose antibiotics, nausea medicines, pain-killers and other emergency drugs. Bins of syringes and other supplies hung on the wall. Handfuls of each were collected. The stockroom was right next door, but not locked. Items deemed necessary were thrown into a plastic bag, including gauze, soap, and sutures. Finished, Kelly took off running toward the main entrance and her Jeep. Her desperate, uncoordinated hands dug at her lanyard and her car key. She pushed the fob. No beep.

The Wrangler's door had to be opened with the metal key. The key turned in the ignition, but the engine refused to turn over. In fact, it was silent.

"What the...?" Kelly ratcheted the key in the ignition again, more forcefully this time. She got out and slammed the door. Going around to the passenger's side, she retrieved her four-wheeling, survival backpack and set it in the seat, then upended the belongings bag into it. The medical supplies were added, along with the phone charger which she yanked from the cigarette lighter.

A large man, sweating heavily, pushed a wheelbarrow past Kelly, conveying a young woman. Her bloodied, singed blouse was torn by bits of what might be fragments of an exploded airplane. She lay there with her mouth agape, head bobbing, her complexion that pale grayish cast worn by the dead. The man did not stop, but pressed on in the direction of the ER.

Kelly took off running east before turning south, past the crash, in a gait the military calls the airborne shuffle—more than a jog, but less than a true run. How many hours had she run like this during officer's training? How surreal it all was. She couldn't ever remember feeling this insignificant or inadequate. Tears welled in her eyes. I can cry now, I'm alone and don't have to be strong for anyone. Her sight was blurry at best while navigating the parking lot to the street.

Vehicles rested at odd angles in the roadway and over curbs. Fires, ignited by the exploding transformers, grew where they had fuel available from brush and homes. People were gathered on the street corners in awe, looking toward the crash site. The early September temperatures, still in the high nineties, forced people into whatever shade they could find.

"Go help evacuate the hospital," Kelly pleaded with everyone she passed on her way downtown. Most people just looked at her blankly. It was then she realized her scrub uniform was smeared with blood from clutching the newborn and her lacerated arm. Her long hair had escaped her neat bun, and unruly tendrils now hung, framing her face. She pushed it aside in vain.

"Get hold of yourself," Kelly said out loud. "Remember your mission... fire department, downtown, run!" This set her resolve.

Several blocks into her journey, Kelly saw a bicycle lying in a front yard. Her moral compass struggled, only momentarily, with stealing it. She approached the bike, scanning for anyone who might have an objection to her borrowing it, lifted the bike by its handlebars, then threw her right leg up and over. Adjusting her backpack straps, she hoisted the pack higher onto her shoulders. The yard sloped toward the street, making her departure effortless.

Kelly zigged and zagged along the street, avoiding people and parked cars. Ignoring those who called out to her, she pressed on, and the four miles to downtown whirred past. She rode up onto the sidewalk, around the light pole and potted plants, right up to the front steps of the fire department. Kelly had her right leg in the air before completing her stop. The bicycle landed up against a chunky concrete pillar, meant to keep vehicles from driving into the lobby. Taking the stairs two at a time, she hurled herself at the entrance.

Inside stood a rotund uniformed police officer. He opened the heavy glass door just wide enough to speak. "Hold it right there, miss." He looked taken aback by her appearance.

"My name is Kelly Wise," she exclaimed, breathless, lifting the ID badge pinned to her uniform to reinforce her statement. "I'm coming from the hospital. We need help. The hospital's been hit by a plane and is on fire. We have severely injured patients and our power is out."

"Emergency Operations has been set up here in the lobby because of the lack of lighting in the basement. Wait here, miss," the officer said, visibly shaken.

How can he just leave me here, standing quietly, bursting apart on the inside?

The officer let the glass door close. He kept one eye on her, but hurried into the large lobby and spoke to another man.

"Come on, come on!" Kelly thought.

The two men conversed for a moment and then the officer hurried back across the lobby and held the door open for her.

It's obvious no one here had witnessed the horrific scenes playing out near the hospital. How can they all be so calm?

"I'll need to search your backpack, Miss Wise," the officer said, putting on vinyl gloves from a pouch on his duty belt.

"I understand why you are doing this, but really, I need to talk to the command staff," she panted. "We need help, this is life and death. There's a jetliner crashed into the hospital. It's simple!" Her words spilled out half whine, half scream.

"I'm sorry, but we don't know what the threat is."

Kelly, exasperated, let her backpack fall off her right shoulder, but caught it with her left arm. It was so heavy that her whole frame jerked to the left. The officer grabbed the pack at that point and finished lowering it to the floor. "I'm sorry, miss, but I need to search your person as well before I can let you in. Spread your legs and put your arms straight up."

She did it just like she had seen in police dramas. The officer frisked her.

Not waiting for the backpack to be searched, she bolted forward, leaving it at the officer's feet, and practically ran toward a long table near the reception counter. There were tables set up all along the room's perimeter, but the dry erase board behind her target table said Incident Commander, whereas the others were labeled Operations, Logistics, or Planning. Several men sat at the table with yellow legal pads in front of them; one had a name tag that read Fire Chief Lane. The "white shirt brigade" stood as Kelly approached. She stood at mock attention out of habit. "I'm here from the hospital. It's burning down."

All of the men behind the table and all those within earshot listened intently, brows furrowed, as the nurse started to recount her tale.

"Stop, stop," Chief Lane said after just a few words from Kelly. "Everyone over here," he said, waving his arm in a sweeping motion, beckoning everyone in the lobby. "You've got to hear this." Thirty people stood mute, glued to her account, until she finished.

Chief Lane let his large frame fall backward into his chair. He put his elbows on the table and ran his hands through his silver hair, his face pale and blank. "We sent two bike officers to investigate the plane crash, but they haven't returned," he said hesitantly, as if carefully composing the words that were to come from his mouth. "I

"I really don't know what we can do at this point. The city doesn't seem to have a single running vehicle. We've seen a few old clunkers running around, but they weren't stopping for us. A few police officers and firefighters have reported to our makeshift EOC (Emergency Operations Center), but others have left to check on their families. We don't have any real personnel count. Our radios and phones aren't working. We'll try to round up some resources, but at this point, we have very little to offer." Chief Lane stood, bent forward, hands still on the table so he was eye-to-eye with Kelly. "This is not a routine plane crash or power outage." A grave look came over the chief's face and he looked down as he spoke. "It's much more."

"That's it?" Kelly shouted, slamming her hands on the table.

"Yes, ma'am." He said, looking up slowly, meeting her gaze again. "What would you have me do?"

There was an audible gasp from all present, including Kelly.

She stared blankly. She wanted to yell, jump up and down, something. Her shoulders fell. She didn't know what she had expected to find when she got to the fire department, but this wasn't it.

"Oh, my..." The words escaped her thin lips in a mere whisper.

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Post Grid - An Arizona, EMP adventure. Nancy and Tony Martineau

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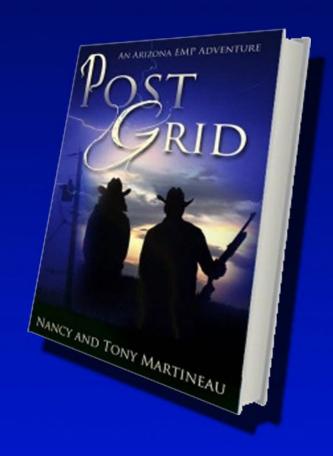
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# WHAT TO DO WHEN THE PAWER GOES OUT

# THINGS YOU SHOULD HAVE ON HAND



Flashlight w/ plenty of spare batterie		Flashlight w/	plenty of sp	pare batteries
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Food thermometer

Battery powered or crank radio

Cell phone car charger

Power inverter for your car

At least 1/2 tank of gas

Candels & Lanterns

Generator

# WHAT TO DO IF YOU HAVE SOME WARNING:

☐ Fill up your freezer and refrigerator as full as you can. You will lose the cold air when you open the door to the freezer or refrigerator and your food will not stay frozen or cool for as long. When you keep your freezer or refrigerator as full as possible the contents will stay frozen or cool longer than air, which will keep your food at the desired temperature for longer.
$\hfill\square$ Turn your refrigerator and freezer to their coldest setting. This can help your food stay frozen or cool for longer.
☐ Rearrange your freezer and refrigerator so that food items that you need can be retrieved easily and quickly. Minimizing the amount of time the door is open will keep your food cooler for longer.
☐ Fill up your gas tank and any fuel containers. Many gas stations will also lose electricity when the power goes out.
$\hfill\square$ Stock up on batteries, candles, and anything else that you will need until the power comes back on.
☐ Ensure you know the local radio station that will broadcast disaster emergencies.
☐ If you can, plan to travel to an area that will not be affected by the power outage. If you know a storm or disaster is coming, sometimes the safest thing you can do is to get out of the area.
□ Have each an hand in some you need to make a numbers or harter ATMs run

☐ Have cash on hand in case you need to make a purchase or barter. ATMs run on electricity so they won't be of much use in a power outage.

# ONCE THE POWER GOES OUT:

☐ Periodically listen to the radio to get updates and important disaster information.
$\square$ Keep freezer and refrigerator doors closed as much as possible. Opening them will release the cold air and reduce the time your food will remain frozen or cold.
☐ Inspect all perishable food for spoilage prior to consumption.
☐ Consume food that requires refrigeration first. You want to eat food before it increases to 40 degrees Fahrenheit. Once it goes above this temperature, food like meat, poultry, fish, eggs, dairy, etc. will allow bacteria to multiply quickly and be unsafe for consumption. If one of these products reaches temperatures above 40°F, they should be discarded.
□ Next you will want to consume food from your freezer and anything perishable. Ensure you inspect it to ensure that no part of it has spoiled. Sometimes food that thaws slowly will have the outside portions above 40°F even though the center may still be frozen. If any part of the food is above 40°F, it should be discarded even though the center may be frozen.
☐ Save nonperishable food until you no longer have a perishable supply.
☐ Unplug all appliances and anything electrical. Turn off all light switches until the power comes back. Appliances can easily be damaged during surges or when the power comes back on. Only leave one light or appliance on so you know when the power comes back.
☐ Use flashlights, candles, and anything battery powered sparingly.
☐ If you have a generator, do not run it indoors, in the garage, or near a window. The exhaust will cause carbon monoxide poisoning.
□ Connect anything electrical directly to the generator, not to the electrical system unless you have a transfer switch installed. If you plug the generator directly into your home's electrical system it can cause backfeeding, which is when electricity is sent back into the grid. This can be very dangerous for someone working to on the grid.
□ Limit unnecessary travel in your car to conserve your fuel supply

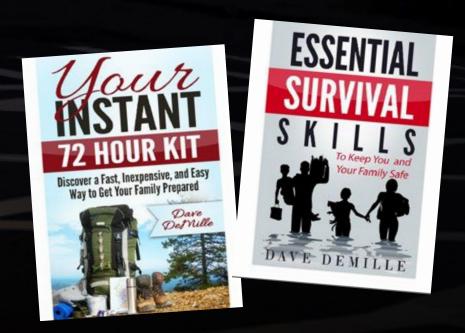
$\ \square$ In hot weather close the drapes and curtains, open doors or windows to allow natural air flow, and move to the lower levels of your house where the air is cooled	
☐ In cold weather dress in layers, open drapes and curtains to allow natural light, seal any cracks that are allowing heat to escape, and move to the upper levels of your house. Do not open windows and limit the amount of time the doors are open to prevent losing heat from the house. At night you can prevent heat loss from the windows by insulating it with a blanket. Never use your over as a heat source.	

# WHEN THE POWER GOES BACK ON:

☐ When the power comes back on the first thing you should do is inspect food to make sure it is safe for future consumption. Discard any food that has spoiled or increased above 40°F.

☐ If the freezer didn't rise above 40°F then your food can be refrozen or refrigerated safely.

This E-guide was brought to you by Dave DeMille from Essential Survival Skills For more info on necessary survivals skill visit www.essentialsurvivalskills.com



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# COOK IN THE SUN!

# The Sun-Nature's Preparedness Tool

Thousands of Preppers are ready to use the free power of the sun to meet their cooking needs. Prepared families store food to have a year's supply on hand in the event of an emergency, but find storing enough fuel to cook for an extended period of time is difficult, costly, and dangerous. Using a **SUN OVEN®** on sunny days decreases the amount of fuel which needs to be stored. **SUN OVENS** can be used year- round on sunny days. Depending on the location, a **SUN OVEN** can cook on 50% to 80% of the days, which dramatically decreases the amount of fuel which needs to be stored.

Even though it is called an oven, food can be baked, boiled, or steamed in a **SUN OVEN®**, so other than fried foods, anything normally cooked on a stovetop or in an oven can be cooked in a **SUN OVEN**.

**SUN OVENS** are the most fuel efficient way to rehydrate freeze dried and dehydrated foods. In addition to cooking and baking, **SUN OVENS** can also be used in a variety of other ways including:

Boil or pasteurize water
Make Sun tea
Naturally dehydrate fruits, vegetables, and meats
Heat water for a sponge bath
Kill infestations in grains or dried foods
Sanitize dishes
Dry firewood
Sprout foods

There are two ways to cook in a **SUN OVEN**. If it is refocused to follow the sun every 25 to 30 minutes, cooking times will be very similar to cooking with a conventional oven or stove top. Or the **SUN OVEN** can be used for slow cooking, much like a crock-pot. Prepare your dinner early in morning, put it in the **SUN OVEN**, point the oven south, and leave. Come home to a tasty, slow-cooked dinner. If you run late, there is no need to worry; the SUN OVEN® will keep your food warm, moist, and fresh for hours.

People who buy **SUN OVENS**® to be prepared in the event of an emergency are astounded by the taste of sun-cooked foods. Sun-cooked foods just taste better. **SUN OVEN** cooking allows many of the natural flavors of food, which get baked out in conventional ovens, to remain. Sun-baked foods stay moist (the natural internal juices do not bake out) resulting in a superior, moist taste and much less shrinkage. Sun-baked bread has unparalleled taste and texture. The natural moisture in meats, fish, and vegetables enables the sun to cook without adding additional water so all the natural vitamins and minerals are retained, which enhances the nutritional value while giving the food a wonderful rich flavor.

Buying what is needed to be prepared can put a strain on a family's budget. Preppers have found that when they use their **SUN OVEN** regularly in for non-emergency cooking it pays for itself by reducing their utility bills. Often people do not cook or bake on hot days for fear of heating up the house. A **SUN OVEN** enables cooking on hot summer days by keeping the heat from cooking outside.

For the past 28 years **SUN OVENS** have been made in the US, and all of the parts (with the exception of the thermometer) are US made. With reasonable care, a **SUN OVEN** will last a lifetime. Due to their success, **SUN OVENS** are often imitated. A **SUN OVEN** will always get 75 to 100 degrees hotter, hold heat longer, and have a considerably longer life than any of the knock -offs.

Sun Ovens International seeks to help people in the U.S. save energy and prepare for emergencies while using a portion it's cash flow to promote **SUN OVEN** cooking in deforested developing countries. **SUN OVENS** are used in more than 130 countries around the world. Sun Ovens International is involved in solar cooking projects on 5 continents and a portion of the cash flow generated from each **SUN OVEN** purchased in the US is used to in the company's work in the developing world.





# Prepping On A Budget: The Dollar Store

As we all know prepping can get very expensive very quickly. With the price of food and goods rising, and the amount of available jobs shrinking the time to act is now! Don't wait till its to late, start prepping today. You would be surprised at all of the hidden treasures you can find at the preppers paradise aka the Dollar \$tore.

Quality is key when it comes to prepping, the tools you purchase may end up being the difference between life and death in a survival situation. That being said - there are still many different tools that can be purchased from certain stores for cheap, that otherwise cost more elsewhere.

My top three stores for prepping may come as a surprise but they have almost everything you could need, at prices that make you want to buy multiples. Over the course of my "Prepping On A Budget" series I will discuss the great bargains you should keep an eye peeled for. My favorite store when it comes to prepping on a budget (POAB), would have to be the Dollar Store. This store is widely available, and possesses a wide array of goods that are perfect for preppers. Here are some items I have purchased from this store, that were perfect for my Bug Out Bag (BOB):

Cotton Balls: There are many uses for cotton balls when it comes to survival. Price: \$1. Top Uses: Kindling (Mix with Vaseline or chap-stick for better burn) Cleaning wounds ,Blocks shoe blisters

Sewing Kit: If your clothing, or bag ever get a tear unfortunately their wont be any semesters around to give you a hand. So you will have to do it yourself. Luckily at most Dollar Store's you can find a great little sewing kit. It comes in a 2"x 3" plastic zipper case, 5 spools of thread, and a package of needles. The case is fine for the moment, but I suggest replacing it with an Altiods can one of the next item on my list! Price: \$1 Top Uses: Repairing Clothes/Bag, Repairing Shelter, Stitching large wounds (Worst case scenario) and Snares for hunting.

Pocket LED Flash Lights: Those little metal flashlights that usually cost anywhere from \$5-\$10, can be found at the Dollar Store for.... Wait for it.... A dollar. They don't posses as many LED bulbs as the more expensive ones, but they have a nice battery life. I have purchased a ton of these, and have had great luck with them. I put one in every pair of survival pants I own, I have enough for each passenger in my car, as well as in every main pocket of my BOB. Price: Again only\$1 Top Uses: Lighting in the dark and signaling.

Altoids: Yes the mints! I'm sure you have read about Altoids being used in survival gear before, but did you know you can get them for a dollar? In most grocery stores Altoids cost around \$1.99 so your saving a buck, but that just means you can buy two for the price of one! I suggest you dump the mints into something smaller like a plastic bag, and use the Altoids tin to store other more valuable supplies. Price: \$1. Top Uses: Metal storage tin, Mints (For bad breath, and Sugar) making a bomb out of a soda bottle. lol just kidding

Zip Ties: At the Dollar Store, you can find a wide array of Zip Ties. There are certain packages that contain multiple different lengths and widths, as well as multi colored ones that can come in handy. I recommend buying a few packages, as they are very versatile and take up little to no space in your bag. Price: \$1.00 Top Uses: Attaching supplies to your bag Detain people who may cause you harm Attaching shelter tarps to trees Holding together parts on Bug Out Vehicles (BOV) Marking paths/routes

Twine/ Thin Rope/Bungee Cords: All three of these products can be purchased at the Dollar Store, and are one of the most important tools you can have in a survival situation. Price: \$1.00 (Ea.) Top Uses: Shelter Hunting Snares Raising food off the ground (In outdoor survival) Securing a perimeter (Use with next item on list) Use for first-aid (Two strong sticks and some rope makes you a nice leg or arm splint)

Food: A lot of us think we can fend for our selves pretty well in the "wild" when it comes to survival. I'm sure some of you can do better than others, but why would you risk it? Canned food rarely costs more than \$2.00, and has a long shelf life. At the dollar store, I recommend purchasing beans. Beans are high in protein, calories, and fiber. The juices they are persevered in also hold carbohydrates as well as sugars. These are all important things to have in your body to keep energy levels up. There are many other foods available such as dried pastas and legumes. These are good food for survival as well, but just remember the amount of water needed to cook them!

Price: \$1.00 (Ea.) Top Uses: Energy ,Stamina, Morale booster, Securing a perimeter (Tie cans to string and use as trip wire/alarm) Use the can as a pot to cook/boil water. You can use a empty can to store collected water.

Glasses Repair kit: There is an obvious reason for this if you wear prescription glasses, or have a pair of sunglasses in your BOB, but there are a lot of other uses. This kit usually comes in a hard plastic case, and contains mini screwdrivers, tweezers, cleaning cloth, extra screws, and a magnified glass. Price: \$1. Top Uses: Fixing glasses, Starting fires (Magnified glass), Fixing small electronics, Removing splinters (Tweezers)

Clothing/Accessories: This is something big to take advantage of. There is a surprisingly large amount of clothing, and wearable items that can come in handy during a survival situation available at the Dollar Store. Most Dollar Stores carry Hats (Baseball, Knit, Gardening), Sunglasses, Reading glasses, Gloves, Socks, Bandannas, and Belts. The quality isn't magnificent and the brand is unheard of, but it does the trick in a pinch for extra survival gear...plus for the price it can't be beat!

This was just a short list. A dollar store really is nothing short of preppers paradise. A great Do-it -yourself project that can be completed for cheap at the dollar store is your own custom first aid kit. See What you can find and build for around \$20 bucks.

Thank you for reading my first segment on POAB, I hope some of these ideas can help you on deciding where to purchase your BOB supplies. I will leave you with this question: "What other items have you found at the Dollar Store, that can be used in a survival situation?" Send us you comments and cell phone pictures of your dollar stores finds check back next issues for the next segment on Prepping On A Budget!







# Product of the year award 2015

Here at the Disaster Survival Network we get flooded with an extraordinary amount of survival products to review. Some are better then others but only the best can live up to the high standards to be awarded Disaster Survival Magazine's Product of the year.

The Harvest right in home freeze dryer is the ultimate prepping and survival appliance. Any serious about prepping and survival knows most of it revolves around food. It quite simple actually those without food will perish those with food will flourish. If you have bought freeze dried before you know it can be very costly especially if you are trying to buy enough for a whole year or the whole family. Imagine being able to make your own emergence survival food at home well now you can. Never throw away any left overs again. You can just freeze dry it and if packaged properly it will last you 25 years without refrigeration. Just unseal, add water and cook and it will taste just like it did when it came out the oven. Take a look at HarvestRight's guide to food preservation and in home freeze drying and see if it is right for you.



# In-Home Freeze Dryer HARVESTRIGHT

# Food Preservation and Home Freeze Drying



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oday, almost half of all the food we produce in the world never makes it to a plate. We allow a staggering two billion tons of food to go to waste each and every year. If we eliminated this unnecessary food waste, we could potentially provide 60-100 percent more food to feed the world's growing population.

In America there is another problem. We don't just waste food that never makes it to our kitchens and tables, we end up discarding 40% of what we purchase. Ira Sager at BusinessWeek recently described this problem: "I am not alone in my wasteful habits. I live in the United States of Food Waste. On average, my fellow citizens throw away 20 pounds of food each month, which amounts to \$2,275 a year for a family of four, according to the U.S. Department of Agriculture."

For thousands of years mankind has had ample reason to waste less and prepare for devastating tomorrows. Our ancestors would likely be amazed at our abundance, appalled at our wasteful behavior, and shocked at our lack of foresight.

Some of you may think, like our progenitors did, that we face an uncertain future. It raises a question, "Is there a need to prepare for some sort of minor or major calamity?" What is the chance that such an occurrence will be in the form of one of the following: loss of employment, economic collapse, earthquake, civil unrest, drought, disease or a host of other things?

According to a recent Arizona State University study such a calamity is already effecting our lives. There is an ongoing three-year drought in California that shows few signs of abating. This drought has wiped out nearly 20% of California crops. With water-supply problems expected to persist for years, California farmers will have some difficult choices to make. They'll need to determine which crops should receive the limited amount of available water, and which should be allowed to fall away. "We could be looking at future," said the author of this study, "where California is no longer the bread basket for the country."

Preparation for droughts and similar disasters requires thought and preparation. We live in a country where nearly every basic need is provided: food, water, sanitation, electricity, fuel, transportation, clothing, medicine, furniture, education, and so on. Granted, many of us have to work and pay for these things; but, overall, life's necessities have generally been available to everyone.

Of course, one of the most fundamental needs is food. Everyone needs to eat multiple times every day. What will we do if, for some reason, we can't go to a grocery store and bring home dinner? Do each of us have a fallback plan?

Yes, we live in a remarkable age. We have wonderful, reliable, spacious freezers and refrigerators, where we can temporarily save our leftovers and put in a small supply of food. But, anyone who wants to waste less and preserve food for more than a few days or weeks needs a better solution.

Unless a person wants to spend a small fortune to purchase significant quantities of commercially canned or freeze dried food to help one get through short or long-term emergencies, the burden is on each of us to select the nutritious food we prefer and preserve

it ourselves. It isn't a question of just having something available to eat, it is about making sure that the food preserved is nutritious, tasty, and free of additives and preservatives.

A modern solution, In-Home Freeze Drying may be the best preservation approach. Canning and dehydrating are good ways to preserve food; however, for the first time ever, it is possible for families and individuals to access superior freeze drying technology at a reasonable price.

# Mistory of Food Preservation

From the dawn of mankind, food preservation has been part of life, and in many cases the key to survival. Food, whether it is in the form of vegetables, fruit, meat, or nuts, begins to spoil the moment it is harvested. To make it unnecessary to consume the food immediately, at least some of it had to be preserved by the best available methods, which varied depending on where the people lived.



In much of the world, natural drying was the most common preservation method, using the power of the sun and wind. In the Middle East and the Orient, food drying has been traced back thousands of years. In colder regions, people took advantage of the longer winters to freeze their food, then store it in cool caves.

As mankind advanced, various techniques were refined. Smoking meats became a dominant way to preserve.

Pickling, preserving the foods in vinegar or other acidic liquids, was developed and then refined by the Romans.

In 1795 the French military offered a cash prize of 12,000 francs for a new method to preserve food. In response to that challenge, Nicolas Appert, a confectioner and chef in Paris from 1784 to 1795, began experimenting with ways to preserve foodstuffs. He had success with soups, vegetables, juices, dairy products, jellies, jams, and syrups. Appert placed the food in glass jars, sealed them with cork and sealing wax and placed them in boiling water. Sounds a lot like canning doesn't it? Finally, fifteen years later, in 1810, Appert was awarded the Navy's prize by Count Montelivert, a French minister of the interior.

And of course, for more than half of the past century the most popular method of keeping food has been refrigeration and especially freezing, at least when it comes to short-term food preservation.

# Freeze Drying: The Newest and Best Method

Freeze drying was developed during World War II as a way to keep vaccines for the wounded from spoiling due to uncertain refrigeration while being transported to war zones. The technology was refined and used extensively during the NASA space program, providing varieties of freeze dried food for astronauts.

The outstanding advantage of freeze dried food is its long shelf life. When properly stored, many freeze dried foods can be eaten 15 to 25 years after they have been prepared. Even

after that length of time the food's flavor and nutritional value is almost as good as it was the day it was dried.

Because of its long shelf life and nutrition preservation, numerous commercial companies produce freeze dried food for families and individual consumers, as well as for the military, with their well-known MREs (Meals Ready to Eat). By just adding water, the food is quickly rehydrated and ready for consumption.

# Mow Freeze Drying Works

During the freeze drying process, food is initially frozen to -50 degrees Fahrenheit. Once the food is frozen, the dryer creates a powerful vacuum around the food. Then the food is gradually warmed, even though it continues to stay frozen.

That is why the vacuum environment is so important. In that environment, water sublimates (evaporates) out of the food at just 5 degrees Fahrenheit. Water cannot exist as liquid in a vacuum and, as it warms, is drawn out of the solid frozen food as a gas. When done properly, freeze drying virtually removes 100 percent of the water from the food. With an In-Home Freeze Dryer from Harvest Right, the entire automated process only takes a day and consumes about \$1.80 worth of electricity to produce one and a half to two gallons of freeze dried food.

Once freeze dried, if the food is properly sealed to prevent re-absorption of moisture, the food can be stored at room temperature for long periods, with no need for refrigeration. This is possible because the almost non-existent water content in the food inhibits the normal process of deterioration and spoilage.

Simply add water to rehydrate the food, and it is ready to be eaten, retaining its original fresh flavor, aroma, texture, and appearance. Freeze-dried food rehydrates quickly and easily because the freeze drying process leaves microscopic pores in the food—pores that were caused by the ice crystals that were drawn out of the food in the drying process.

# Advantages of Freeze Drying

This method of food preservation causes little damage to the nutritional value of the food being preserved compared to other methods that use higher temperatures, such as canning or dehydration. Freeze drying does not shrink or toughen the food, and it retains its aroma, flavor, and nutritional content. The following picture was taken of food that had already been

freeze dried in a Harvest Right freeze dryer. As you can see, the meat, cheese, fruits and vegetables still look fresh. And, in reality they are. The food retains its color, shape, and nutritional value. Simply add water—it is delicious.

In comparing the various methods of food preservation, it is important to remember that there are three things that cause food to deteriorate: heat, water, and oxygen.



Freeze drying and proper packaging overcome all of those factors to allow long-term storage (15 to 25 years).

Other food preservation methods require heat to be used. For example, during canning, typically 50 to 60 percent of the nutritional value is lost; and in dehydrating, about 40 percent is lost. Whereas, only 3% of the food's nutritional value is lost during freeze drying because it is done in a sub-freezing environment. As has been mentioned, heat also affects taste, color and texture. Both dehydrating and canning cause food to taste different than fresh food. Freeze dried food, in contrast, looks and tastes like it did when fresh.

Neither canning nor dehydrating remove all of the water from food, which limits its shelf life. Since virtually 100 percent of water is removed in freeze drying, the shelf life of the food is approximately six to eight times as long as canning or dehydrating.



Canning does not remove all the oxygen in food. With dehydrating and freeze drying, nearly all the oxygen can be removed through sealing the food in an oxygen-proof container, such as a Mylar bag, with an oxygen absorber. Oxygen absorbers are better than vacuum sealing and when used in a sealed container, greatly extend the shelf life of the food.

As a general rule of thumb, the shelf life of canned and dehydrated food is approximately two to three years, while, again, freeze dried food easily lasts 15 to 25 years. In addition,

freeze dried food is very light, since all the water is removed, and can be easily transported for hiking and camping or for use during longer-term emergency needs.

# Freeze Drying Now Possible at Home

Harvest Right's compact and efficient In-Home Freeze Dryer allows a large volume of food to be freeze dried at any one time. On its four shelves – which can be used to dry any combination of types of food at the same time – it can produce as much as two gallons of freeze dried food in each batch. That is the equivalent of two #10 cans. Using the In-Home Freeze Dryer just three to four times a week allows a family to produce 300 to 400 gallons of food in a year.

Plugging into a standard 110-volt wall outlet, the In-Home Freeze Dryer uses only about \$1.80 worth of electricity for each batch of food.





# Preserving the Food You Want, When You Want

One major reason that many families decide to freeze dry their own food is that they can guarantee the food is free of additives. If they have grown their own fruits or vegetables, or processed their own meat or fish, or have purchased high quality fresh foods, they know that what they preserve is as natural and healthy as possible.

Canned or packaged food from the grocery store, or commercially produced freeze dried foods, put consumers at the mercy of the ingredients the producer used in the preservation process. Most, if not all, of the major companies distributing and selling processed food (dehydrated, canned, and freeze dried) add ingredients that could be harmful to your health.

These additives include preservatives such as sodium nitrite, used to preserve the color, and flavor meat products. Or methylcyclopropene, a gas pumped into crates of apples and other fruits to stop them from producing ethylene, the natural ripening hormone. Or BHA and BHT, used in common household foods to keep them from oxidizing. Or benzoic acid and sodium benzoate, often used in drinks, low-sugar products, cereals, and meats. Or propyl gallate, used to keep fats and oils from spoiling.

And then there are the many sweeteners and flavor enhancers. Not only heavy doses of refined sugar and high fructose corn syrup, but also artificial sweeteners such as maltodextrin and aspartame. Two of the worst offenders are salt, which is often used far too heavily in processed foods and monosodium glutamate (MSG).

Other troubling additives include trans fats, which have been reduced in many foods (but not yet eliminated), food colorings, and even cornstarch, which adds calories but no real nutritional value.

The advantage of preserving your own food through freeze drying – as well as drying, canning, smoking, pickling, or making jams and jellies – is that you can avoid all of these additives and know that the food you choose to preserve is exactly what you will want to eat months or even years into the future.



# Food Waste

Studies have shown that the average family of four throws away 40 percent of the food they purchase each month, either by not taking advantage of leftovers or by not using the food before it spoils. A family that makes a concerted effort to freeze dry food could preserve for future use as much as four months of normally wasted food each year.

For example, ripening fruit could be saved for later use as snacks, in children's lunches, and in treats such as homemade smoothies. Leftovers from meals (steak, roast beef, chicken, spaghetti sauce, and soup, to name just a few) could become the tastiest parts of a family's long-term food supply.



# What Foods Work Best for In-Home Freeze Drying?

Nearly every food can be freeze dried, including meat, cheese, fruits, vegetables, and dairy. In addition, entire meals can be freeze dried for short- or long-term storage.



Fruit is perfect for freeze drying. It is delicious and easy to prepare. From apples to watermelons, all you need to do is peel the fruit and slice it into good-sized pieces that fit on the travs.

Vegetables also freeze dry extremely well. From avocadoes to tomatoes, they are best preserved raw, and freeze dried in slices about half an inch thick.

These pictures show raspberries and avocados that have already been freeze dried. It is beautiful and still looks fresh doesn't it?

Poultry, seafood, and red meats are perfect for freeze drying. In most cases they should be cooked first, seasoned to taste, then cut into strips or pieces prior to drying; the exception is fish, which can be dried in large fillet pieces.



Eggs may be raw or cooked before drying. If cooked, scrambled eggs are best. Cheese, meat, and vegetables can be mixed in with the eggs prior to drying. Raw, freeze dried eggs are great for baking.

Freeze dried yogurt is delicious. All flavors and types dry well. Even ice cream and ice cream sandwiches can be freeze dried.



# The In-Home Freeze Drying Cost Advantage

When comparing the expense of freeze drying your own food to the cost of commercially prepared freeze-dried foods, in-home freeze drying will cost as little as one-fifth as much. That means you could save \$20 to \$50 on each #10 (gallon) can equivalent that you freeze dry yourself.



The accompanying table illustrates how a family can establish a good stock of freeze dried food at a fraction of the commercial price by freeze drying it themselves.

Comparison Table: Commercially Freeze dried food versus Home Freeze Dried	Price for Commercially Freeze Dried Food #10 Can	Price for Fresh food at store	Freeze dryer electricity	Mylar bag and oxygen absorber	Price for In-home Freeze Dried Food #10 Can equivalent
Cottage Cheese	\$65.39	\$9.69	\$1.80	\$0.75	\$12.24
Strawberries	\$29.49	\$3.71	\$1.80	\$0.75	\$6.26
Blueberries	\$45.00	\$10.20	\$1.80	\$0.75	\$12.75
Peaches	\$43.00	\$6.93	\$1.80	\$0.75	\$9.48
Pineapple	\$38.99	\$4.45	\$1.80	\$0.75	\$7.00
Bananas	\$25.69	\$2.07	\$1.80	\$0.75	\$4.62
Raspberries	\$42.99	\$5.95	\$1.80	\$0.75	\$8.50
Cheddar Cheese	\$49.95	\$20.93	\$1.80	\$0.75	\$23.48
Mozzarella Cheese	\$46.00	\$20.93	\$1.80	\$0.75	\$23.48



# Why Freeze Drying Pays Off

The average American family, studies show, wastes 40 percent of its food purchases through spoilage or unused leftovers. With the In-Home Freeze Dryer, families can preserve two to four months' worth of otherwise abandoned food each year.

Sadly, much of what people grow in their gardens is similarly wasted, simply because they can't eat it or even give it away fast enough. In the past, canning and dehydrating had been the best ways to preserve this food. Now, bringing freeze drying capabilities into the home has displaced those methods.

Many families and individuals have prepared for potential emergencies by buying commercially prepared freeze dried food, but that food can be quite expensive and often has unhealthy additives. With an in-home freeze dryer from Harvest Right, they can preserve gluten-free foods, vegetarian and vegan meals, as well as make sure whatever food they preserve is entirely GMO-free. When a family does its own freeze drying, it controls the quality, taste, and natural goodness of the food that they're saving and that they will eat next month ... or in the years or even decades to come.

For more information about the In-Home Freeze Dryer by Harvest Right, visit www.harvestright.com or call 801-386-8960.



# **How to Get Your Friends Into Prepping**

The subject of prepping is one in which context plays a major role in how the conversation will be perceived by other people. If you want to convince your friends or family members to become preppers, you will need to broach the subject with finesse and tact. For example, if you bluntly tell a family member that they should start preparing for a government takeover because society as we know it will cease to exist under martial law and resources will be much harder to come by outside of government handouts they will probably look at you like you are a "crazy conspiracy theorist" and laugh off the idea. The rationale behind their response is that they simply do not think such a scenario will realistically occur in their lifetime so they find the idea of preparing for it to happen so unnecessary to the point of being laughable. Rather than initiating the long and often unsuccessful process of convincing them why this is a realistic concern, what you need to do in order to convince them to prepare is to instead put forth situations where survival supplies would come in handy that they think could actually happen. Everybody has a smoke alarm in their house (some by requirement of law) and almost everybody has at least one fire extinguisher whether it is in their home or their car. Nobody expects a fire to break out in their house but it is an easy hazard to envision so people want to be prepared just in case. Nobody is going to call you a conspiracy theorist for saying they should be prepared for a house fire. Take advantage of this. Bringing up the possibility of very real natural disasters can convince friends and family members to store some supplies for that disaster which would also indirectly help them in the event of others – such as a societal collapse - even if they don't believe in it. Did you know that the American Red Cross recommends that everybody have at least three days of stored food and water in the event of an emergency such as a natural disaster? This is something that you should definitely bring up to any potential prepping convert as it will establish legitimacy in their mind that this is something they really do need to do and they aren't just being paranoid.

□ Water: one gallon per person, per day (three day supply for evacuation, two week supply for home)
□ Food: non-perishable, easy-to-prepare items (three day supply for evacuation, two week supply for home)
□ Flashlight
□ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
□ Extra batteries
□ First aid kit
□ Medications (seven day supply) and medical items
□ Multi-purpose tool
□ Sanitation and personal hygiene items
□ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/
lease to home, passports, birth certificates, insurance policies)
□ Cell phone with chargers
□ Family and emergency contact information
□ Extra cash
□ Emergency blanket
□ Map(s) of the area

Here is a list of the bare minimum supplies the Red Cross suggests everybody have as taken from their official

If you are talking to a gun owner, one other thing you can add to that list above is ammunition. Ask them if they have enough ammunition if the ammo supply were to suddenly dry up over night (as tends to happen during riots and it gets pulled off shelves). After all, what good is having a gun if you can't shoot it?

Another item to highlight from the Red Cross's list is "extra cash." Lots of people today don't carry any cash on them anymore. They just use their debit or credit cards for everything. But in an emergency, there might not be any power and so stores wouldn't be able to accept such payment methods. They would need cash to buy things so it is very important to have some on hand whenever you are out of the house as well as having some reserves in the home. Chances are this is something most people haven't ever thought about. In a more long-term scenario, such as a societal or economic collapse, cash may or may not retain its value which is why many preppers invest in things like silver and gold bullion and coins. This one would be easy to help them with – simply get them a couple American Silver Eagles for their birthday or for Christmas. Not only are Silver Eagles sweet collectibles, they could one day come in handy as money.

Paint them a Hurricane Katrina-like scenario. What would they do in the aftermath of such a devastating storm? Would they have enough supplies to last several weeks without help from other people? The natural disaster you bring up as your example should be tailored to the threats of where the particular friend of family member lives. If they aren't in a hurricane prone area, then bringing up Katrina won't have the same psychological effect. But maybe they live in an area prone to earthquakes, flooding, or at the least severe thunderstorms. What if their power was out for two weeks straight? What would they do? How would they cook? How would they heat the home? Ask them these things!

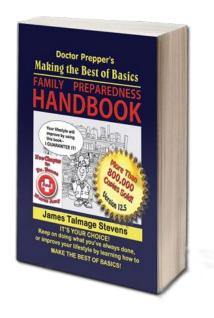
Of course a pandemic type disease is another ever-growing threat. If they don't think so, bring up the fact that even the Centers for Disease Control (CDC) has been ramping up preparation efforts for a pandemic flu and that CDC officials say that it is more a question of "when" one hits and not "if" it does. During a global flu pandemic, you will definitely want to stay inside and not come into contact with anybody from the outside world for fear of contracting the highly communicable disease from them. Everybody who isn't prepared will rush out to frantically acquire supplies at the last minute. Explain how your friend or family member does not want to be in that situation and so it is better to prepare for that situation now. The general rule of thumb for a pandemic flu is that you will need enough supplies to survive 90 days in quarantine. That's a long time so don't expect them to acquire enough supplies to be able to last that long, but it is still something you should have them think about.

If they bring up cost as a reason why they don't want to prepare supplies, tell them how prepping is like having health insurance. You don't expect to get sick or severely injured, but if you do you want to have insurance to help cover medical costs. Most insurance plans cost hundreds of dollars a month. Prepping for a disaster can cost just a few hundred dollars a year or less thanks to the long shelf lives of things like batteries and specifically made food for storage. Suffering from a debilitating injury without insurance could ruin your life. The same is true of a disaster hitting without being prepared for it – it could cost you your life. It's better to lose a little bit now than lose everything later. That's the whole idea behind insurance!

Convincing a skeptical friend or family member into preparing for disaster is a delicate process. If they decry conspiracies as paranoid nonsense, it is a good idea to utilize misdirection by getting them to prepare for a natural disaster, since this means they will also be indirectly and even unknowingly be preparing for a societal collapse. Have them start slow and add to supplies over time. Maybe start with a three day kit which eventually grows to a seven day kit, then a one month kit, then a 90 day kit. A prepper is never finished preparing but the beginning of a long journey is always that first step.

A great book on family preparedness is Doctor Prepper's Making the best of the basics family preparedness hand-book check it out at www.doctorprepper.com Doctor Prepper also hosts one of the best preparedness radio sites on the web at www.preparednessradio.com









# Fight Fluoride

www.clearlyfiltered.com